Farm Bulletin 1

New Ways with Rice

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FOREWORD

Rice is a very versatile food, but so accustomed are we to its being served twice or thrice a day as plain boiled rice that few of us recognize its versatility. Old folks and rural people do make rice into suman, budbod, bibingka, kalamay, panganan, puto bumbong, puto, kutsinta and many other preparations. Most of these old ways, however, call for glutinous rice and are used as desserts or for merienda and breakfast.

There are many more ways of turning rice into colorful, tasty and appetizing dishes. In countries where rice is not the staple food, new ways of preparing it have been tried with interesting results. We should also consider and try other ways of serving rice to improve its taste, appearance and nutritive value. To encourage this, the rice recipes in this bulletin were concocted or compiled from various sources, tested and revised to suit the Filipino palate.

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MEANINGS OF TERMS AND ABBREVIATIONS

Allspice — West Indian spice that tastes like mixed clove, cinnamon, nutmeg; used for pickling, stuffing, flavoring for meats, gravies and meat sauces.

Amarillo — Yellow.

Annato — Atsuete.

Arroz — Rice.

Bake — To cook by dry, contained heat, usually in the oven.

Batter — A mixture of flour, liquid and usually eggs, fat and other ingredients specified in particular recipes. This is the raw stuff that is turned into cakes, flapjacks, muffins, cookies, etc. The term is also applied to a flour-liquid covering applied to food before frying in deep fat.

Bay leaf — Aromatic leaf of laurel tree from Eastern Mediterranean countries. Used for pickling, stews, spices, sauces and soups; excellent for fish or chowder and good with a variety of meats.

Beat — To mix with a rotary beater, mechanical beater, fork, spoon or whisk in such a way that air is incorporated into the food. When beating by hand, use quick strokes down one side of the bowl, across the bottom and up the other side.

Blanch — 1. To remove skin from. 2. To partially cook in boiling water.

Blend — To mix ingredients together until they are smooth and integrated.

Boil — To cook in a liquid at boiling temperature (212° F. at sea level).

Bonbon — A small candy having a center of, and coated with, fondant.

Bouillon — Clarified stock. When not otherwise identified, it usually means beef bouillon.

Bouillon cube — A small cube of dried meat, chicken or vegetable extract and seasonings; used with water to make bouillon.

Broil — To grill; the food is exposed to direct heat, with no pan intervening, under the broiler of your range or over hot coals.

Broth — The liquid in which meat, poultry or vegetables were cooked. Roughly synonymous with stock.

Brown — To melt butter or any kind of shortening to the sizzling point and then adding and frying the food until it takes on a brown color.

Buttered crumbs — Browned bread crumbs that are mixed with as much melted butter as they will hold.

C — Cup.

Caramelize — To melt sugar over heat slowly until it turns brown.

Casserole — 1. A mold of boiled rice, mashed potatoes or paste baked and filled with vegetables or meat. 2. A vessel of earthenware, porcelain, etc. in which food may be baked and served.

Cayenne — A hot and pungent condiment, the sources of which are the goat pepper or chili (*C. frutescens*) and Guinea pepper (*C. annum*).

Celery leaves — Leaves of a European plant (*Apium graveolens*) of the carrot family. Dried or fresh, they make an excellent addition to other herbs for stocks, stews, stuffings and poultry and for pickling.

Chili powder — Made from chili pepper pods; used in tamales, chili con carne and other Spanish and Mexican dishes.

Chill — To make cool, as in a refrigerator.

Chop — To cut into small pieces with a sharp knife or cutter.

Chowder — A dish made of fresh fish or clams, pork, crackers, onions, etc. stewed together, often in milk; by extension, a similar dish in which a vegetable, as corn, replaces the fish.

Cinnamon — Bark of cinnamon tree; comes in powdered or stick form.

Clove — The dried flower bud of an East Indian, but widely cultivated, tree (*Eugenia aromatica*); used as a spice. Has a distinctive sweetish flavor and comes in whole or powdered form.

Combine — Mix together.

Core — To remove the core, the hard center of stem and seeds.

Cream — To soften and mix by rubbing with the back of a spoon. To cream butter and sugar, press them together with a pad-

dle or the back of a wooden spoon until the mixture is smooth and creamy.

Croquettes — Finely chopped, usually precooked food mixed with a thick cream sauce, formed into cork or pyramid shapes, breaded and fried in deep fat.

Croustade — A case for creamed meat or fish, made from bread and fried or brushed with butter and browned in oven.

Crumble — To break into small pieces by rubbing between the fingers.

Cube — To cut into square shapes; for example, one inch thick and one inch square.

Curd — The coagulated or thickened part of milk as distinguished from the whey or watery part.

Curry powder — A blend of many spices basic to cookery of India. Used in curry sauce, for currying eggs, vegetables, fish and meat.

Cut — 1. To divide into pieces with a knife or scissors. 2. To cut in is to combine shortening with dry ingredients, as in pastry and biscuit dough.

Deep-fat frying — Cooking in hot fat deep enough to submerge the food.

Deviled — Prepared with a sharp sauce including mustard.

Dice — To cut into very small cubes, about 1/4 inch square.

Dot — To scatter small bits of whatever is called for, usually butter, over the surface of the dish.

Double boiler — A cooking utensil composed of two saucepans. The bottom pan is used to hold hot water, the top pan to hold food that cannot safely be cooked on direct heat.

Dough — A thick mixture of moistened flour or meal that is turned into breads, biscuits and cookies. Soft and pliable, it can be kneaded or rolled out unlike the more liquid batter.

Drain — 1. When applied to foods fried in deep fat, it means to put the food on absorbent paper to remove excess grease before serving. Paper towels and unglazed brown paper bags are useful for the purpose. 2. To filter.

Dress — 1. To dress with butter is to drip or pour the butter over, or to baste. 2. To dress a chicken is to clean and prepare it for cooking. 3. To dress a salad is to mix it with its salad dressing.

Drippings — Fats and juices that exude from meat and poultry during cooking, usually roasting, or whatever remains in the pan after the meat or poultry has been sautéed. Bacon drippings can be used as a frying fat for other foods. Meat drippings are used in basting and in making gravies.

Dust — To sprinkle lightly with flour, sugar, nutmeg, paprika or whatever the recipe calls for; usually done with the fingers.

Fat — Olive oil, salad oil, vegetable shortening, lard, margarine or butter.

Fillet or filet — A boneless, skinless strip of meat or fish.

Flake — To break food, usually fish, into small pieces with a fork.

Flour, browned — Any kind of flour made brown by stirring in a dry skillet over low heat or by baking in a slow oven with frequent stirring. Used in sauces and gravies for greater flavor and darker color than plain flour gives.

Fold in — To mix two previously beaten mixtures together without knocking the air out of them in the process. The lighter mixture is piled on top of the heavier one—beaten egg whites on top of a soufflé mixture, for instance.

French dressing — A salad dressing of vinegar seasoned with salt, sugar and pepper.

Fry — To cook in hot fat.

Garnish — To decorate by putting on or alongside the dish. The best garnishes add flavor as well as eye appeal to the dish.

Grate — To rub on a grater until the food is broken into small bits.

Gravy — A sauce for meat, fish, vegetables, etc.

Grease — To rub with oil or fat, to put a thin layer of grease on the inside of a pan to prevent food from sticking to the pan or to put a thin coating of oil on the food to prevent cracking of the skin.

Griddle — An iron, aluminum, or soapstone plate or pan for cooking cakes.

Green onions — Garden onions.

Light cream — Ordinary coffee cream that contains not less than 18% milk fat.

Loaf pan — A baking pan made of glass or tin used in making loaves and bread.

Macaroon— A small cake, composed chiefly of egg whites, sugar and pounded almonds or, sometimes, filberts, coconut and/or the like.

Marinate— To pickle. For all practical purposes, it means to let food stand or soak in a tenderizing, flavoring liquid. The liquid usually includes acid: lemon juice, vinegar, acid wine, etc.

Marjoram— Another of the "fines herbes"— aromatic, somewhat like oregano, but subtler.

Mash — To reduce to a soft, pulpy state by beating or pressure.

Melt — To liquefy by heating.

Meringue— 1. A delicate mixture of the beaten whites of eggs and powdered sugar, used as an icing or made into small cakes and quickly browned. 2. A cake or shell made of this mixture.

Mince — To divide into very small pieces by chopping or cutting.

Mold, molder — The cavity in which anything is shaped.

Monosodium glutamate — Vetsin.

Nutmeg— The kernel of an East Indian nut with a flavor all its own. It is a most versatile spice that can be used on everything, from soup to dessert.

Olive — The fruit of the olive tree; it is an important source of oil and is eaten as a pickle or relish especially when green.

Omelet — Eggs beaten up with milk or water or any filling and cooked in a frying pan.

Oregano — Stand-by for Italian dishes; its taste is a cross between that of marjoram and sage.

Oz. — Ounce.

Paella — Rice with sea foods.

Pan-fry — To cook in a small amount of fat; similar to fry.

Paprika — The mildly pungent spice prepared from the ripe fruit of the bounet pepper and, possibly, of other species of capsicum.

Parboil— To cook in boiling or simmering water until partially or fully cooked preliminary to some other method of preparation.

Parfait — A frozen dessert of whipped cream, eggs cooked with syrup and flavoring.

Parsley — A European aromatic garden herb of the carrot family; the leaves are used to flavor soups, stews, etc. or as a garnish.

Patty — A little pie or pasty baked in a small pan.

Pcs. — Pieces.

Peel — 1. To remove the outer skin by stripping it off either with the fingers or with a paring knife. 2. The outer skin itself. When using citrus peels in cooking, be sure to pull off all the inside white portion.

Peppercorns — Whole black pepper to be ground in a pepper mill or bruised in a mortar.

Pilaf — Near East version of a risotto, or rice cooked in stock with or without meat, onion or other ingredients.

Pilau — An Oriental dish made of rice or cracked wheat boiled with meat, fowl or fish, spices, etc.

Pitted — With pits, stones or seeds removed. To pit olives slice them off their stones with a paring knife or crush the olives until the pits can be plucked out easily.

Poach — To cook eggs or fish in liquid just below the boiling point, or at 185° F.

Pollo — Chicken.

Powdered sugar — Ground sugar containing no drying agent.

Pudding — A dessert having flour or some other cereal as a foundation, with eggs, milk, fruit, sugar, spices, etc. added.

Pulao — A term from India meaning "rice".

Purée — 1. To press through a sieve or food mill or to whiz until smooth in an electric blender. 2. The smooth product that looks like baby food.

Pyrex — A trademark applied to a variety of glasses and glassware usually resistant to heat, chemicals or electricity.

Qt. — Quart.

Relish — Something taken with food to render it more palatable or to stimulate appetite; a condiment.

Risotto — Basically, rice cooked in stock. Also, rice cooked with meat gravy and, often, with cheese.

Roast — To cook by dry, contained heat, usually in the oven. Meat and nuts so cooked are referred to as "roasted", but the same process applied to other foods is called "baking". "Baked" ham proves the rule.

Roll — 1. Any of various food preparations rolled up for cooking or serving. 2. To press or level with a roller.

Salad oil — Vegetable oil used for salads and cooking.

Sauté— To fry in a small amount of hot fat, just enough to keep the food from sticking to the pan. Jerk or shake the pan, or stir the food around during the process.

Scald— To heat to a temperature just below the boiling point. When scalding milk, rinse the pan with cold water before pouring in the milk so that it will not stick to the pan.

Scallop — Baked food which has been cut into pieces and combined with sauce or other liquid. The food may be arranged in layers with the sauce, or food and sauce may be mixed. Crumbs are often used between layers and buttered crumbs may cover the top to form a brown layer while baking.

Scramble — To cook eggs by frying the mixed yolks and whites in milk or butter.

Season — To add salt, pepper and other flavoring items.

Seasoning— Any flavoring agent, herb or spice used to point up cooking.

Separate— To separate an egg is to divide it into two parts — the yolk and the white.

Sesame seeds— Linga. Small flattish seed of an East Indian hairy herb yielding an oil and used as food.

Shell — To take out of the shell, husk, pod, etc.

Shortening— Any fat used in baking: butter, lard, vegetable fat, salad oil, oleomargarine, bacon drippings, etc. The fat "shortens" the mixture, or makes it more tender.

Shred — To cut into thin strips, or to rub on a coarse grater until the food is rendered into strips.

Sift— To put through a sieve or sifter to break up lumps and separate out any big pieces. Sift flour before measuring in all baking recipes.

Simmer — To cook in liquid held just below the boiling point, or at 185° F. Simmering brings out the flavor and tenderizes tough cuts. Water is simmering when small bubbles are beginning to rise from the bottom of the pan but do not yet break the surface of the water.

Skillet — A saucepan or, U.S., a frying pan.

Skin — To strip the skin from; to flay, peel, etc.

Slice — To cut into slices; to cut into or across with, or as with, a knife.

Soufflé— Puffed by or in cooking, as omelet, crackers or sliced potato; also Anglicized as a delicate, spongy, hot dish made from a sweet or savory mixture, lightened by stiffly beaten whites of eggs.

Steam — To cook in the steam generated by boiling water. The food itself does not touch the water; it is either held above the water by a rack or protected from surrounding water by a tight mold.

Stir — To disturb the relative position of the particles or parts of, as of a fluid, by passing something through it; hence, to agitate.

Stock — The liquid in which meat, poultry, fish or vegetables were cooked.

Strain — To filter.

Stuff— To fill the cavity or hollow with a dressing or stuffing.

t — Teaspoon.

T — Tablespoon.

Thicken — To give a liquid substance body, cohesiveness and a variable degree of thickness by adding flour or other starch, butter, eggs (one or all).

Thyme — An all-fragrant and versatile herb which is strong when dried and is used in stews, soups, stuffings, bouquet garni and some fish.

Toast — 1. To brown by direct heat in a toaster or broiler. 2. Bread so browned.

Toss — To stir up; agitate; disturb.

Tube pan — A kind of pan used for baking angel and sponge cakes. A tube taller than the sides of the pan is in the center so that the pan may be inverted on it for cooling the cake.

Turmeric — An East Indian herb of the ginger family; also, its aromatic rootstock used as a condiment, yellow dye or medicine.

Vanilla — Extract from dried, cured vanilla beans, the fruits of an orchid of Central America.

Whipping cream — Sold as "heavy cream". Whipped cream sold in pressure-spray cans is sweetened and cannot be substituted for home-whipped cream in many instances. Evaporated milk can be whipped in place of heavy cream if you chill it thor-

oughly, let it stand overnight in the coldest part of the refrigerator, or pour it into ice trays and put it in the freezing compartment until it begins to freeze around the edges. Then whip it.

Water to cover — Enough water to submerge the meat or any other food.

NEW WAYS WITH RICE

Nena R. Bustrillos and Angelita M. del Mundo[1]

Rice As Soup

BEEF BROTH WITH EGG CUBES AND RICE (4-6 servings)

6 c beef broth
2 eggs
1/2 t sugar
1 t salt
1/4 t pepper
1 onion, chopped
1 T fat
1 c cooked rice

Heat broth slowly. Beat eggs, sugar, salt, pepper and onion together. Heat fat in small frying pan; turn in egg mixture and cook as an omelet. When bottom is cooked, turn omelet and cook the other side. Let cool; cut into small squares. Add rice to boiling broth; stir and pour into cups. Garnish with diced omelet. Approximate cost: ₱0.50.

CABBAGE-RICE SOUP (4 servings)

1 T margarine
1/4 c chopped onion
1/4 c raw rice
1 qt. water
4 chicken bouillon cubes
1/2 t salt
1 c finely shredded, tender cabbage
1/4 c grated cheese (optional)
1/8 t paprika

Melt margarine in saucepan. Add onion and sauté for 5 minutes. Add the rest of the ingredients except cabbage, cheese and paprika. Cover and simmer for 15 minutes. Before serving, add cabbage, cheese and paprika. Serve immediately. Approximate cost: ₱0.80.

CELERY AND RICE SOUP (6-8 servings)

3 T raw rice
1/3 c diced celery
1 t finely chopped onion
2 c stock
1 c milk
1 T finely chopped red pepper
1 t salt

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[1] The authors acknowledge with gratitude the help given by Misses Fe B. Uy and Miriam L. Magsanoc.

Boil rice, celery and onion in stock until tender. Stir in milk, red pepper and salt. Bring to a boil again. Approximate cost: ₱0.30.

CHICKEN-RICE SOUP I (6-8 servings)

6 c chicken stock
3/4 c chopped, cooked chicken meat
1/2 c raw rice
1/2 c finely chopped carrots
3/4 c finely chopped singkamas
3/4 c chopped tomatoes
2 onions, chopped
1 1/2 t salt
1/8 t pepper

Bring stock to a boil and add meat and washed rice. When rice is almost cooked, put in vegetables and cook slowly until all ingredients are soft. Season with salt and pepper. Cook mixture a little longer. Approximate cost: ₱1.10.

CHICKEN-RICE SOUP II (6-8 servings)

3/4 c chopped onions
3/4 c diced celery
5 c chicken stock
1/4 c raw rice
1 T chicken fat
1 T flour
1 1/2 t salt
1/4 t pepper
1/3 c dark chicken meat

Cook onions and celery in stock until vegetables are tender. Add rice. Blend melted chicken fat, flour and seasonings and add to soup. The amount of salt will vary, depending on the amount of salt in the stock. Drop in chicken meat and cook for 5 minutes before serving. Approximate cost: ₱0.85.

CREAM OF RICE AND SOUP (6 servings)

3 c beef stock
1 c raw rice
1/4 t salt
Black pepper
1/2 c heavy cream

Heat 2 c beef stock and cook rice in it over low fire for about 15 minutes. Rub rice in through a sieve. Mix this purée with remaining beef stock. Cook for 5 minutes and add salt and pepper to taste. Before serving mix in heavy cream. Do not boil. Approximate cost: ₱0.25.

HAMBURGER SOUP (6 servings)

1 T shortening
1 c ground beef
1/3 c chopped onion
3/4 c cubed raw potatoes
1/2 c sliced carrots
1/3 c chopped, blanched tomatoes
2 T raw rice
1 bay leaf
1/8 t thyme
2 1/4 t salt
1/8 t pepper
5 c water
1/2 c shredded cabbage

Sauté beef and onion in a large kettle, browning meat slightly. Add potatoes, carrots and tomatoes. Add water and bring to a boil. Sprinkle rice into mixture. Add remaining ingredients except cabbage. Cover and simmer for 50 minutes. Add cabbage. Simmer for another 2 minutes. As a main dish serve with shredded cheese. Approximate cost: ₱0.95.

PEA AND RICE SOUP (4 servings)

3 bouillon cubes
3 c boiling water
2 T raw rice
1/2 c peas, canned
1 c milk
1/4 t salt
1/4 t celery salt

Dissolve bouillon cubes in boiling water. Drop in rice and stir frequently until cooked. Add remaining ingredients and simmer for 2 to 3 minutes. Serve at once. Fresh celery tops or dried celery leaves may be used instead of celery salt, and meat broth seasoned with monosodium glutamate may take the place of the bouillon cube. Approximate cost: ₱0.50.

RICE WITH BEEF BROTH AND EGGS (6-8 servings)

5 c beef broth
1/4 c raw rice
3/4 t salt
2 eggs
1/4 c melted margarine

Boil beef broth in a double boiler and stir in rice and salt slowly. Cook covered until tender. Stir frequently. Beat eggs and melted margarine. Stir into the rice. Approximate cost: ₱0.40.

TOMATO AND RICE SOUP (5 servings)

1/4 c raw rice
5 c stock
2 c blanched, peeled, chopped tomatoes
1 1/4 t salt
1/16 t pepper
1 T chopped parsley

Wash rice and add it to hot stock. Add tomatoes and seasonings. Cook until rice is tender. Add parsley before serving. Approximate cost: ₱0.40.

TULYA WITH RICE SOUP (6-8 servings)

2 cloves garlic
1 T lard
1 T chopped onion
2 T patis
1 T thinly sliced ginger
2 c tulya with shells
4 c rice water
1/3 c raw rice
Kintsay

Sauté garlic in lard till brown. Add onion, patis and ginger. Add tulya and cook until shells open. Add rice water and let boil for 10 minutes. Remove tulya from broth and add rice. Continue boiling until rice is tender. Add tulya meat and season to taste. Serve hot and garnish with chopped kintsay. Approximate cost: ₱0.20.

VEGETABLE-RICE CHOWDER (6 servings)

1 c ground beef
1/2 T margarine
2 c water
1/2 c strained, blanched tomatoes
1/4 t black pepper
1/2 c grated carrots
3 T coarsely diced onion
1/4 c raw white rice
1 bay leaf
1/2 t salt

In a large saucepan, brown ground beef in margarine. Add the rest of the ingredients. Bring to a vigorous boil over high heat. Turn heat low. Cover and simmer for a few more minutes until rice is tender. Remove bay leaf. Approximate cost: ₱0.80.

VEGETABLE SOUP WITH RICE (6 servings)

2 T raw rice
4 c pork stock
1/4 c diced potatoes
1/4 c diced carrots
1/4 c diced singkamas
1 bay leaf
1 1/2 t salt
1 t monosodium glutamate

Boil rice and pork stock for 10 minutes. Lower flame and simmer. Add potatoes and carrots and continue to simmer. When rice is almost cooked, add singkamas, bay leaf and salt. Simmer for another 5 minutes. Add monosodium glutamate a few minutes before serving. Serve hot. Approximate cost: ₱0.25.

Rice With Fish and Shellfish

ARROZ CON SARDINAS (4-6 servings)

1/4 c onion, chopped
2 T bacon fat
1 can tomato sauce (8 oz.)
2 c water
2 c cooked rice
2 t salt
1 can green peas (7 oz.)
1 can sardines in tomato sauce

Sauté onion in bacon fat. Add tomato sauce and water. Bring to a boil. Add rice and salt. Let come to a boil again and turn flame low. When rice is dry, add drained peas. Place mixture on a platter and carefully add whole sardines with tomato sauce on top of rice and peas. Decorate with sliced olives, parsley and dayap wedges. Approximate cost: ₱1.50.

One c sliced, blanched Baguio beans or chicharo may be used in place of canned green peas.

BROWN RICE BALLS (8-10 balls)

1/2 c raw rice
1 slice onion
1/2 bay leaf
2 T chopped onion
1 c cooking oil
3/4 c bread crumbs
1/2 c chopped, blanched tomatoes
1/2 c tuna, canned
1/2 t salt
1/8 t pepper
2 eggs, beaten

Steam rice in water in which onion slice and bay leaf have been boiled. Sauté chopped onion in oil until lightly browned. Add tomatoes, tuna and seasonings and cook until lightly browned. Mix rice with 1 beaten egg. Cool and form into balls. Make depression in center of balls and fill with tuna mixture, then close the opening. Roll in beaten egg, then in bread crumbs. Fry in deep oil. Serve with catsup. Approximate cost: ₱0.90.

CRAB MEAT IN RICE PATTIES (4 servings)

1 c bread crumbs
1 c crab meat
2 t salt
1/8 t pepper
1/8 t paprika
2 t kalamansi juice
1/2 c minced onions
1 can tomato soup (8 oz.)
1/2 c condensed milk
1 c raw rice

Add bread crumbs to crab meat. Season with salt, pepper, paprika, kalamansi juice and minced onions. Turn condensed tomato soup into a saucepan; add milk and seasoned crab meat. Heat slowly. Cook rice. When done, shape rice in mounds on a platter or on individual plates. Make depression in center of each mound. Fill with crab meat mixture and garnish with sliced stuffed olives and pimiento. Approximate cost: ₱2.10.

CRAB MEAT RICE (7 servings)

1 c raw rice
2 T margarine
2 T flour
3/4 c milk
1/2 c water
1/4 c grated cheese
1 T minced pimiento
1/4 t soy sauce
3/4 t salt
1/8 t pepper
1 c crab meat

Cook rice until tender. Melt margarine, stir in flour, add milk and water. Cook and stir until mixture boils and thickens. Add cheese; stir over low heat until melted. Remove from heat and add minced pimiento and seasonings. Combine cooked rice, crab meat and sauce; mix lightly. Turn into greased casserole; bake at 350°F. for 15 minutes until delicately browned. Approximate cost: ₱1.30.

CREAMED RICE AND SHRIMPS (5 servings)

1 c raw rice
3/4 T kalamansi juice
2 T margarine
1/8 t nutmeg
1/2 c milk
2 T onion, 1 T chopped and 1 T sliced
1/2 c shrimps
1/4 c red pepper strips
1/2 t salt

Cook rice and add kalamansi juice, 1 T margarine, nutmeg, milk and chopped onion. Sauté shrimps in 1 T margarine. Place sliced onion, red pepper and salt on top of previously cooked ingredients. Approximate cost: ₱0.75.

FISH AND RICE KEDGEREE (6 servings)

2 c fish (lapu-lapu)
1 t salt
1 bay leaf
3 T sliced onion
1/2 t minced garlic
2 T margarine
1 T chopped red pepper
1/16 t turmeric
1 c cooked rice
1 T kalamansi juice
1/2 t cayenne
1 egg, hard-boiled

Place raw, firm fish in enough water to cover, about 1½ c. Add salt, bay leaf and 1 T sliced onion. Simmer until tender. Drain, cool and remove bay leaf. Flake fish, but not finely. Brown 2 T remaining onion and garlic in margarine with red pepper and turmeric; when onion is soft, add rice, fish, salt and pepper to taste, kalamansi juice and cayenne. Sauté until everything is lightly browned, but do not mash. Garnish with sliced hard-boiled egg. Approximate cost: ₱1.06.

JAMBALAYA (4-6 servings)

1 T onion
1 green pepper
2 cloves garlic
1/4 c chopped celery leaves
1 T cooking oil
4 oz. tomato sauce
2 t salt
6 big shrimps
2 c cooked rice

Chop onion, pepper, garlic and celery leaves. Brown in oil in a deep saucepan. Add tomato sauce and salt. Simmer in low heat to make a purée. After 30 minutes, add peeled raw shrimps and boil about 15 minutes. Add cooked rice when shrimps are about half done. Cubed cooked ham may be added. Approximate cost: **₱0.95.**

KEDGEREE (6 servings)

2 c raw white fish
1 t salt
5 peppercorns
1 bay leaf
3 onions, sliced
2 cloves garlic, minced
1 T margarine
Cayenne
Turmeric
2 c cooked rice
1 T kalamansi juice

Place raw, firm white fish in enough water to cover. Add salt, peppercorns, bay leaf and 1 sliced onion. Simmer until tender. Drain, cool and remove bay leaf and peppercorns. Flake fish, but not finely. Brown remaining 2 onions and garlic in margarine with cayenne and a little turmeric. When onions are soft, add rice, fish, salt and pepper to taste and kalamansi juice. Sauté until everything is lightly browned but do not mash. Sliced hard-boiled eggs may be added at the last moment of cooking or may be used as decoration. Approximate cost: ₱2.10.

PAELLA (6 servings)

1/2 c red beans
1 T shortening
1/2 c diced chicken, in 1-cm. sizes
1/2 c diced pork, in 1-cm. sizes
1 1/2 T chopped onion
2 T chopped tomato
1/2 c raw rice
1 c water
1/2 c shrimps, shelled
1 T chopped green pepper
1/2 t salt
1/8 t pepper

Boil beans till tender and set aside. Heat shortening in a skillet and add chicken and pork. Brown lightly, then add onion and tomato. Cook for a few minutes; put in rice and wa-

ter and simmer for 10 minutes. Add beans and continue simmering. When mixture is almost done, add shrimps and green pepper. Add seasonings and continue simmering till done. Serve hot or cold. Approximate cost: ₱1.15.

PAELLA WITH RICE (6 servings)

3 T chopped onion
1/8 t minced garlic
1/4 c chopped tomatoes
1 T margarine
1/2 c raw rice
2 c chicken broth
1/2 c chicken, boiled and cut into 1-cm. cubes
1/2 c sausage, canned, cut into 1-cm. lengths
1/4 c cooked, shelled shrimps
1/4 c peas, canned
1 t salt

In a saucepan, sauté onion, garlic and tomatoes in margarine. Add rice and broth and bring to a boil. When rice is half done, add the rest of the ingredients and simmer until rice is cooked and liquid is absorbed. Approximate cost: ₱1.05.

RICE AND FISH BALLS (6 servings)

1 1/2 c boiled fish
1 c cooked rice
1 egg, beaten
1/4 t pepper
2 t kalamansi juice
1 t salt
1/2 c bread crumbs

Flake fish. Add cooked rice, egg, pepper, kalamansi juice and salt. Form into balls. Roll in bread crumbs and fry until light yellow. Serve with sweet-sour sauce. Approximate cost: ₱0.75.

RICE AND SHRIMP CASSEROLE (4 servings)

1/2 c cheese
1/2 c evaporated milk
1/2 t salt
1/8 t pepper
2 1/2 c cooked rice
1 1/2 c cooked, halved shrimps
1/2 c buttered bread crumbs

Grate cheese and mix with milk. Heat in double boiler and beat until smooth; add seasonings. Pour half of cheese sauce into greased casserole; place half of rice over sauce. Cover with shrimps and top with remaining rice. Pour remaining cheese sauce over all and top with bread crumbs. Bake in moderate oven at 350°F. for 15 minutes. Approximate cost: ₱0.90.

RICE LOAF (7 servings)

2 c cooked rice
1 c heavy cream sauce
1 egg yolk
1 c diced canned tuna
1/2 c bread crumbs
1 T chopped onion
1 t kalamansi juice
1 t soy sauce
1/8 t salt
1/2 c tomato sauce

Line a greased mold with ½ c rice. Cook cream sauce. Stir in egg yolk and thicken over low heat. Add the other ingredients. Fill mold with mixture and place the rest of the rice on top. Cover with a piece of wax paper. Set mold in a pan of hot water and steam until it is set, for about 30 minutes. Invert loaf onto a platter. Garnish with tomatoes and lettuce. Approximate cost including sauce: ₱1.05.

Heavy Cream Sauce

3 T margarine
3 T flour
1 c milk
1/4 t salt
1/8 t pepper
1/2 t soy sauce

Melt margarine over low heat. Blend in flour over low heat for 5 to 10 minutes. Stir in milk slowly. Season with salt, pepper and soy sauce.

RICE PULAO WITH FISH (5 servings)

1 c filleted fish (hasa-hasa)
1 T margarine
1/4 t turmeric
2 T sliced red pepper
1 1/2 t salt
1 T kalamansi juice
1 T minced onion
1/2 c raw rice
5/8 c water

Wash fish and cut into pieces. Heat margarine in a frying pan; add turmeric, red pepper, salt and kalamansi juice. Add fish and fry; set aside. In a saucepan, fry onion gently in margarine. Add rice; mix and fry very slowly for 2 or 3 minutes. Add water and cover until cooked. Place on a platter and top with fish mixture. Approximate cost: ₱0.60.

RICE WITH SHRIMPS I (7 servings)

3/4 c shrimps
1/2 c tomato sauce
1/2 t salt
1/16 t pepper
1 bay leaf, crumbled
2 t kalamansi juice
1 1/2 T chopped onion
2 T margarine
1/2 c raw rice

Boil shrimps and set aside liquid. Shell and de-vein shrimps. Sauté all the ingredients. Add 5/8 c of shrimp liquid and cook until rice is tender. Place in a greased casserole and bake at 375°F. for 30 minutes or until dry and a little bit browned. Approximate cost: ₱0.90.

RICE WITH SHRIMPS II (4 servings)

1/8 t minced garlic
1 t chopped onion
1/2 c raw rice
1 1/2 c shrimp broth
1/2 c shelled shrimps
1 t salt
1/8 t pepper
1/2 c grated cheese

Sauté garlic, onion and rice in a saucepan. Add strained shrimp liquid little by little, stirring continuously. After 10 minutes, add whole, cleaned shrimps, salt, pepper and grated cheese. Cook for another 10 minutes or until done. Serve immediately. Roasted green pepper and eggplant dressed with vinegar is a good combination for this dish. Approximate cost: ₱1.00.

RICE RING (5 servings)

1 c raw rice
1/16 t black pepper
2 T sliced green pepper
1/2 t salt
1 t kalamansi juice
1 T margarine

Cook rice. Add pepper, green pepper, salt and kalamansi juice; pack into a well-greased ring mold. Place mold over hot water and steam for 10 minutes. When ready to serve, unmold on a plate. Fill center with sautéed shrimps. Approximate cost: ₱0.80.

Sautéed Shrimps

1/2 t margarine
1 1/2 T onion
1 1/2 T sliced tomato
1/4 t salt
1 T sliced red pepper
1/2 c shelled, de-veined shrimps
1/16 t pepper

Sauté all ingredients in margarine and place in center of rice ring.

SEAFOOD LOUISIANA (8 servings)

1/2 c chopped onion
1 clove garlic, minced
3 T chopped green pepper
3 T chopped red pepper
1/4 c margarine
2 T flour
1/2 c strained, blanched tomatoes
1 1/2 t salt
1/8 t pepper
1/8 t cayenne
1/2 t chili powder
1/2 t sugar
2 T grated cheese
2 c oysters, drained
3 c cooked rice

Sauté garlic, onion and red and green peppers in margarine until delicately browned. Stir in flour. Add tomatoes, salt, pepper, cayenne, chili powder, sugar and cheese. Add oysters. Spread freshly cooked rice in a dish and pour oyster mixture on top. Approximate cost: ₱1.10.

SHRIMP PILAF (6 servings)

1/2 c shrimps
1/2 c ham
1 T minced onion
1 T margarine
1/2 c sliced tomatoes
1/2 c raw rice
1 1/2 t salt
3/4 c water
1 c mornay sauce

Partly cook and clean shrimps and halve them down the center. Cut ham in squares and fry until crisp. Remove from pan and drain. Brown onion in margarine; add tomatoes, rice, salt and water. Cook until dry, about 50 minutes. Stir in shrimps and ham. Turn into a casserole. Bake in moderate oven at 375°F. for 10 minutes. Serve with mornay sauce. Approximate cost: ₱1.15.

Mornay Sauce

1 1/2 T margarine
1 1/2 T flour
1/4 t salt
1/16 t cayenne
3/4 c milk
1/8 c water
1 T grated cheese
1 T light cream

Melt margarine and blend in flour, salt and cayenne. Gradually add milk and water, stirring constantly. Cook for 1 minute. Add cheese and cream. Simmer until cheese is melted.

SHRIMPS WITH RICE I (4-6 servings)

1/4 c chopped onion
3 T margarine
1 c strained, blanched tomatoes
2 c chicken stock
2 c cooked rice
1 c cooked shrimps, halved lengthwise
1 t salt
Pepper and paprika to taste

Sauté onion in margarine for 5 minutes. Add remaining ingredients and cook thoroughly until mixture is dry. Sprinkle with thinly sliced green onion leaves on top before serving. Approximate cost: ₱1.00.

SHRIMPS WITH RICE II (2 servings)

1/4 c chopped onion
1/4 c margarine
2 c chicken broth
1/2 c raw rice
2 cloves garlic, minced
1 T cooking oil
3/4 c blanched tomatoes, peeled and chopped
1/8 t pepper
1/2 t parsley, minced
1 c peeled raw shrimps

Sauté onion in margarine until golden brown. Add broth and bring to a boil. Stir in rice and cook for 15 minutes. Brown garlic in oil, then add tomatoes, pepper and parsley. Cook for 10 minutes. Add shrimps and simmer for 5 minutes. Place rice on a platter; cover with shrimp sauce. Approximate cost: ₱1.60.

TUNA AND RICE CASSEROLE (3 servings)

1 egg
1/2 c cooked rice
1/2 c tuna
1/2 t salt
1 T chopped celery
1 T kalamansi juice
2 T melted margarine
1/4 c buttered bread crumbs

Beat egg thoroughly and combine with hot rice. Flake tuna and stir into rice mixture; add salt, celery and kalamansi juice. Turn into a greased loaf pan. Sprinkle with buttered bread crumbs and steam for 30 minutes. Approximate cost: P0.80.

TUNA SAINTS (4 servings)

1/2 c blanched, chopped tomatoes
1/3 c diced onion
1/3 c chopped red pepper
1 3/4 c water
1 t salt
1/8 t pepper
1/4 c raw rice
3/4 c canned tuna

Combine tomatoes, onion, red pepper and water. Simmer for 5 minutes; add seasonings and rice. Simmer again for about 25 minutes or until rice is done. Stir in tuna and cook for 5 minutes more to blend flavors. Approximate cost: ₱0.90.

Rice With Cheese And Eggs

CHEESE-RICE CASSEROLE (2 servings)

1/3 c cheese
1 c white sauce
1 c cooked rice
2 T bread crumbs

Cut cheese in ½-cm. cubes. Mix sauce, rice and cheese. Top with bread crumbs. Bake at 375°F. until cheese melts, about 25 minutes. Approximate cost: ₱0.65.

White Sauce

1 1/2 T margarine
1 T flour
1 c fresh milk

Melt margarine over low flame. Add flour and stir until well blended. Remove from fire and add milk slowly, stirring until smooth. Return to fire. Heat slowly and stir continuously until thick.

CHEESE-RICE CROQUETTES (8 servings)

1 t grated onion
1 T margarine
2 eggs
1 c cooked rice
1/2 t salt
1/2 c grated cheese
1/2 c bread crumbs

Sauté grated onion in margarine. Add 1 egg to rice and mix well. Add onion, salt and grated cheese. Pack into a greased loaf pan and put in the refrigerator for 2 hours or more. When firm, cut into 1½-inch slices and roll in 1 beaten egg and bread crumbs. Heat fat in deep saucepan. Fry slices until evenly browned. Remove and lay on absorbent paper. Serve hot. Approximate cost: ₱0.55.

CHEESE-RICE LOAF WITH MUSHROOM SAUCE (4 servings)

2 T margarine
1/2 c milk
1 egg
3/4 c cooked rice
3/4 c grated cheese
1/4 c bread crumbs
2 T finely cut celery
1 t chopped onion
1 1/2 T chopped red pepper
1/4 t salt
1/4 t prepared mustard

Melt margarine in 1-qt. saucepan. Add milk and heat to scalding, stirring frequently. Beat egg; add rice, cheese, bread crumbs and then hot milk. Add remaining ingredients and mix well. Place in a greased loaf pan and steam for 30 minutes. Turn out and serve piping hot with mushroom sauce. Approximate cost: ₱1.45.

Mushroom Sauce

2 T margarine
1/2 c sliced fresh mushrooms
1/3 c cornstarch
3/4 c milk
1/2 t salt

Melt margarine in double boiler. Add mushrooms and sauté for 3 minutes over direct low heat. Sprinkle cornstarch over mushrooms and blend until smooth. Stir in remaining ingredients. Return over boiling water and cook until mixture thickens, stirring to keep smooth.

CURRIED EGGS (3 servings)

3 hard-cooked eggs
2 T margarine
1 1/2 T chopped onion
2 T cornstarch
1 c stock or water
1 t salt
1 t curry powder
1/2 c cooked rice
1/8 t paprika
1/8 t pepper

Peel and cut eggs into quarters. Melt margarine in a saucepan and sauté onion. Blend cornstarch in ¼ c stock or water. Add to remaining stock and season with salt. Simmer for 15 minutes and add curry powder. Simmer for another 2 minutes. Pour sauce over eggs on a platter and surround with cooked rice. Season with paprika and pepper. Approximate cost: ₱0.70.

EGG AND RICE (3 servings)

1 c tomato sauce
1/4 c water
1 T margarine
2 t chopped onion
1/3 c raw beef, in 1 1/2-inch strips
1 egg
1/2 t monosodium glutamate
1/16 t nutmeg
1/4 t salt
1 c cooked rice

Dilute tomato sauce with water. Melt margarine and sauté onion and beef; add tomato sauce. Simmer for 10 minutes. Beat egg until fluffy and add to beef-tomato mixture. Season with mo-

nosodium glutamate, nutmeg and salt. Cook until egg is set and creamy, stirring as for scrambled egg. Serve hot on cooked rice. Approximate cost: ₱0.50.

MAYONNAISE POACHED EGGS ON RICE (6 servings)

6 eggs
1 1/2 c raw rice
1 c diced, cooked carrots
1/2 c green peas, drained
1 t salt
1/2 t pepper
1 T vinegar
3 T salad oil
1/2 c mayonnaise

Poach eggs for 3 minutes in water with a little salt and vinegar. Remove from hot water and let stand in cold water until cold. Cook rice. Add carrots and peas and season with salt, pepper, vinegar and oil. Mix and arrange on a platter or dish. Place eggs on rice and garnish with mayonnaise. Approximate cost: ₱1.00.

RICE AND CHEESE (6 servings)

1/2 c raw rice
1/3 c grated cheese
1 c milk, fresh
1 T flour
1 T margarine
1/4 t salt
1/16 t black pepper

Cook rice. Put a layer of boiled rice in a greased baking dish. Sprinkle with grated cheese. Repeat, ending with a layer of rice. Pour over this a white sauce made of milk, flour, margarine and seasonings. Bake in a moderate oven for 30 minutes or until brown. Approximate cost: ₱0.70.

RICE-CHEESE SOUFFLÉ (4 servings)

2 c cooked rice
1 c diced cheese
2 T melted margarine
2 beaten egg yolks
1 c milk
1/2 t salt
1/8 t paprika
2 egg whites

Combine rice, cheese, margarine, egg yolks, milk, salt and paprika. Beat egg whites until stiff. Fold into rice mixture. Bake in a moderate oven at 350°F. for about 15 minutes. Approximate cost: ₱1.10.

RICE OMELET (6 servings)

1/4 c ground meat
1 T margarine
4 eggs, separated
1/2 t salt
1/8 t pepper
1/4 c cooked rice
1/4 c tomato catsup
1/4 c milk

Sauté ground meat in margarine until almost done. Set aside. Beat egg yolks until thick and lemon-colored; add seasonings, rice, sautéed ground meat, tomato catsup and milk. Beat egg whites until stiff but not dry. Fold egg yolk mixture into egg whites; turn into greased frying pan and cook over low heat 3 to 5 minutes or until omelet puffs up and is browned at the bottom. Place in moderate oven (350°F.) 5 to 10 minutes, or until top springs back when pressed with fingers, then fold over. Omelet will shrink slightly when removed from pan. Serve at once. Approximate cost: ₱0.75.

RICE SURPRISE (4 servings)

3 slices bacon
1 T margarine
4 T onion
2 bouillon cubes
4 c cooked rice
1/4 c kintsay, in 1-inch lengths
1 t salt
1/8 t black pepper
4 eggs

Cut bacon into small pieces. Sauté in a skillet with onion until bacon is slightly browned. Soften bouillon cubes in warm water; add bacon along with rice, kintsay, salt and pepper. Cook thoroughly. Grease sides and bottom of 4 individuals molders. Fill each one with the hot mixture; make a slight depression in center of rice and break an egg into each. Sprinkle slightly with salt. Cover and bake in a moderate oven at 350°F. for 10 to 15 minutes. Approximate cost: ₱1.30.

SCRAMBLED RICE AND BACON (4 servings)

4 eggs
1/8 t salt
1 1/2 c cooked rice
8 slices bacon

Beat eggs and salt. Add to rice. Fry bacon carefully and arrange slices around a platter. Fry rice-egg mixture in bacon fat. Arrange in center of platter. Serve with fresh tomatoes or catsup. Approximate cost: ₱0.85.

STEAMED EGGS IN RICE (3 servings)

1 1/2 c hot, cooked rice
1 T margarine
1/4 c grated cheese
3 eggs
1/2 t salt
1/2 t pepper

Pack rice in well-greased individual molders; let stand about ½ hour, then unmold on a pie plate. Sprinkle cheese over rice and steam until cheese is melted. Make a ¼-inch depression in the center of each mold and drop in an egg. Insert 3 toothpicks in rice to prevent egg from sliding out. Season with salt and pepper. Steam again for 15 minutes, until eggs have become firm. Approximate cost: ₱0.60

Rice With Vegetables

ARROZ AMARILLO (5 servings)

1/8 t turmeric
1/2 t salt
1 beef bouillon cube in 2 c broth
1 c raw rice
1 T margarine
3/4 c chopped Vienna sausage
1/2 c peas, canned
1 T pimiento strips

Add powdered turmeric, salt and broth with beef bouillon cube to raw rice. Stir in margarine; bring to a boil. Cook gently and keep covered until rice is dry and fluffy. Add other ingredients; cook 3 minutes. Approximate cost: ₱0.92.

ARROZ CON CAMATES (5 servings)

1 c raw rice
2 T margarine
1/3 c finely sliced tomatoes
1 1/2 c pork stock
1/2 t salt
1/16 t pepper

Wash rice and place in a bowl. Melt margarine in a saucepan; add tomatoes and mash over low heat for 10 minutes. Add stock and salt. Bring to a boil and add rice, stirring steadily. Cover and cook over medium heat until stock is absorbed. Reduce heat to very low and cook 15 minutes, stirring occasionally. Season with black pepper. Approximate cost: ₱0.25.

AUSTERITY SUPPER (5 servings)

1 c sliced sausage
1/2 c raw rice
1/2 T tomato sauce
1 t salt
5/8 c water
1/8 c French dressing
1/3 c shredded cabbage
1/2 c sliced red and green pepper

Combine in a saucepan all the ingredients except cabbage and pepper; cover and simmer for 25 minutes. When almost done, mix in cabbage and pepper. Approximate cost: ₱0.70.

French Dressing

2 T vinegar
1 t salt **2 t sugar**

Mix ingredients together and stir until salt and sugar melt.

BAKED GREEN RICE (8 servings)

2 c cooked rice
2 eggs, beaten
2 c milk
1 c grated cheese
1/2 c chopped parsley
1/2 c salad oil
1 clove garlic, crushed
1 t salt

Combine all ingredients. Mix well and place in a greased baking pan. Sprinkle with paprika and bake for 1 hour in a moderate oven at 350°F. Approximate cost: ₱1.15.

BAKED SAVORY RICE (8 servings)

2 c raw rice
2 T bacon drippings
1/4 c chopped onion
2 T margarine
3/4 c chopped peanuts
4 bouillon cubes
4 c water
1 t salt
1/8 t pepper

Cook rice in bacon drippings for 20 minutes. In another skillet cook onion in margarine until soft but not brown. Add peanuts to onion and toss lightly. Add to rice. Turn into a greased casserole. Add bouillon cubes, water, salt and pepper. Cover and bake in a moderate oven at 325°F. for 1½ hours. Serve at once. Approximate cost: ₱1.50.

BANANA BLOSSOM, PAELLA STYLE (6 servings)

2 cloves garlic, crushed
2 T sliced onion
1/2 c pork, cut in strips
1 T lard
1 1/4 c banana blossom
2 T patis
1/8 t pepper
1 1/2 c meat stock
1/2 c raw rice
1/2 bay leaf, crushed
1/3 c shrimps, blanched and peeled

Sauté garlic, onion and pork in lard. Add banana blossom and continue sautéing. Season with patis and pepper. Add stock and boil. Add rice and bay leaf. Turn heat low and cook until done, stirring from time to time to avoid burning. Serve on a platter and garnish with shrimps. Approximate cost: ₱0.95.

CARIBBEAN RICE AND BEANS (6 servings)

1 clove garlic
Few slices onion
1 T margarine
1 peppercorn
1/3 c pure coconut milk
1 t salt
1 c cooked rice
1 c boiled kidney beans
1/2 c coconut meat

Make coconut milk sauce by cooking peppercorn, coconut milk and salt for 5 minutes. Set aside. Sauté garlic and onion in margarine until slightly brown. Then add rice, beans, coconut meat and coconut milk sauce. Serve piping hot. Approximate cost: ₱0.35.

CHEESE AND KULITIS ROLL (3 servings)

1 c chopped kulitis
1 T melted margarine
1/2 c grated cheese
1/2 c cooked rice
1/4 t salt
1/16 t pepper
1 T catsup
1 egg, hard-cooked
Tomato sauce

Mix thoroughly kulitis, margarine, cheese, rice and seasonings; shape into a roll and steam in greased pan for 7 minutes. Serve hot, garnished with hard-cooked egg and tomato sauce. Approximate cost: ₱0.41.

CURRIED RICE (4 servings)

2 c hot water
1/2 c raw rice
1/2 c tomatoes
1 t salt
2 T finely diced onion
2 T margarine
1/2 t curry powder
1/2 c sliced green pepper

Place ingredients except green pepper in a baking dish and bake in a moderate oven at 350°F. When almost done, put in green pepper. Stir from time to time. At first there will be a great excess of liquid, but gradually the rice will absorb it. Remove dish from oven while rice is still moist. Approximate cost: ₱0.55.

DEVILED RICE (4 servings)

2 c freshly cooked, hot rice
1 T margarine
1 T chopped red pepper
1/2 t salt
1/8 t pepper
3/4 c sliced fresh mushrooms
1 egg, beaten
1 T minced onion
1/2 c diced ham

Combine all ingredients except ham. Mix well and spread on greased pie plate. Flatten center of rice with back of spoon to make a shallow indentation. Spoon ham into hollow. Bake in moderate oven (350°F.) for 15 minutes. Approximate cost: ₱1.10.

HOPPING JOHN (3 servings)

1/2 c red beans
1/2 c ham, in 1-cm. cubes
1 1/2 T chopped onion
3 c water
1 T minced celery
1/4 t salt
1/8 t pepper
1 bay leaf
1/2 c raw rice

Place all ingredients except rice in a saucepan. Simmer until beans are tender. Add rice and cook until done. Serve warm. Approximate cost: ₱0.60.

ITALIAN RICE I (4 servings)

1 c raw rice
1/3 c margarine
1 1/3 c canned tomatoes
2 t salt
1/8 t pepper
1 t finely chopped onion
2 c meat stock

Sauté washed rice in margarine about 5 minutes or until delicately browned, stirring constantly. Add tomatoes; season with salt, pepper and onion. Boil for 5 minutes. Add stock; cover and simmer 25 to 30 minutes or until liquid is almost entirely absorbed by rice. Serve with mild-flavored meat or fish. Approximate cost: ₱0.90.

ITALIAN RICE II (5 servings)

1/2 c ground beef
1 T margarine
4 t chopped onion
1/3 c diced tomatoes
3/4 c cooked rice
2 T pork stock
1/4 c chopped green pepper
1 T chopped celery
3/4 t salt
1/16 t pepper
1 t sugar

Pan-fry beef in margarine. Add onion, tomatoes, rice and pork stock. Add green pepper and celery when beef is cooked. Add seasonings; cover and simmer gently until rice is tender. Stir occasionally. Approximate cost: ₱1.05.

JAGASEE (4 servings)

1/2 c lima beans, dry
1 c pork
1/3 c sliced onion
1 T catsup
1 T chopped celery
2 T sliced green pepper
1/4 c raw rice
3/4 t salt
1/16 t pepper
2 T margarine
1 c pork stock

Soak beans overnight. In the morning, wash and cover with fresh water and boil until tender. Parboil pork and cut into cubes. Sauté onion, pork and all other ingredients except stock. Add stock and simmer until dry. Serve hot. Approximate cost: ₱0.70.

MUSHROOM-RICE RING (6 servings)

1 c raw rice
1 c sliced mushrooms
1 T margarine
1/4 c hot stock or water
1 t salt
1/8 t pepper
1/8 t paprika

Cook rice. Sauté sliced mushrooms in margarine. Add stock or water. Then combine mushrooms and rice. Season with salt, pepper and paprika. Place rice in a greased 7-inch ring mold set in 1 inch of hot water. Bake in moderate oven at 350°F. for about 30 minutes. Invert rice onto a platter and fill the center with a buttered vegetable or creamed fish. Approximate cost: ₱1.00.

ORANGE RICE (2 servings)

2 T margarine
1/4 c finely cut celery
1 T minced onion
3/4 c water
1/4 c orange juice
1/4 t grated orange peel
1/4 t salt
1/2 c raw rice

Melt margarine in a heavy saucepan. Add celery and onion and cook until onion is tender. Add water, orange juice, orange peel and salt. Bring to a boil. Add rice slowly. Cover and cook over low heat for 20 minutes or until rice is done and liquid is absorbed. Serve at once. Approximate cost: ₱0.55.

PIMIENTOS STUFFED WITH RICE (6 servings)

6 tomatoes
3 onions
1/2 c ground meat, crab meat or shrimps
12 T cooked rice
1/4 t salt
1/16 t allspice
6 large pimientos
3 T cooking oil

Chop tomatoes and onions and fry. Add ground meat, crab meat or chopped shrimps and cook for a few minutes until almost done. Add rice and seasonings; mix well and remove from fire. Carefully cut off tops of pimientos and remove the seeds. Cover peppers with water, bring to a boil and cook for 5 minutes. Drain and fill with stuffing. Put in a greased dish, sprinkle with oil and bake in moderate oven at 375°F. for about 25 minutes. Approximate cost: ₱0.70.

RED PEPPER AND RICE CASSEROLE (6 servings)

1 1/2 c cooked rice
3/4 c milk
2 T melted margarine
1 T minced onion
1/4 t crushed garlic
1 T salt
1/8 t pepper
1/2 c grated cheese
1 t minced red pepper

Combine rice with other ingredients except cheese and red pepper. Turn into a greased casserole, top with grated cheese and bake in a moderate oven at 350°F. for 20 minutes. Season with red pepper. Approximate cost: ₱0.70.

RED RICE (4 servings)

1 c raw rice
1 c tomato juice
1 c chicken or meat stock
2 T chopped green pepper
1/2 c cut-up cooked ham
2 T chopped onion
1/2 t salt

Boil rice in tomato juice and chicken or meat stock. Sauté the other ingredients. Add to rice and mix but do not mash. Put in a greased baking dish and brown in a moderate oven at 350°F. for 25 minutes or until done. Approximate cost: ₱0.55.

RED RICE GUISADO (3 servings)

1/4 c red kidney beans
1 1/2 c water
1/2 c raw rice
1 t salt
1 T chopped onion
1 T sliced green pepper
1/4 t monosodium glutamate

Boil beans in water. Cook uncovered; stir often and maintain the 1½ c water by adding hot water when needed. Strain beans and reserve ¾ c of the liquor. Cook rice in the bean liquor, adding beans, salt, onion, pepper and monosodium glutamate during the last 3 minutes of cooking. Serve hot. Approximate cost: ₱0.17.

RICE AND CORN CASSEROLE (6 servings)

1/3 c sliced onions
1 1/4 c shredded green corn
2 T margarine
1 beef bouillon cube
1 c cooked rice
1/4 t chili powder
1/4 t salt
1/4 c chopped green and red pepper

Sauté onions and corn in margarine. Add bouillon cube in 1 c boiling water and simmer until corn is almost done. Add rice, chili powder and salt. Cover tightly and bring to a boil. Turn heat low, add pepper and simmer for another 10 minutes. Approximate cost: ₱0.45.

RICE AND MUSHROOM CASSEROLE (5 servings)

1/3 c mushrooms
1/4 c margarine
1 T flour
1/2 c milk
1/4 c pork stock
1 1/4 c cooked rice
1/2 t salt
1/16 t pepper
1/2 c buttered bread crumbs

Brown mushrooms in margarine. Add flour. Blend thoroughly. Add milk and pork stock. Cook, stirring constantly, until mixture is uniformly thickened. Add rice to sauce. Season with salt and pepper. Place in greased casserole. Cover with bread crumbs and bake in a hot oven (400°F.) for about 30 minutes or until crumbs are brown. Approximate cost: ₱0.50.

RICE AND PEAS (3 servings)

2 slices bacon
2 T diced onion
2 T chopped tomato
1/3 c raw rice
1 c meat stock
1/4 t salt
1/16 t pepper
1/4 c peas, canned

Fry bacon and set aside. Sauté onion, tomato and rice in bacon fat. Add stock, salt and pepper, and as soon as mixture boils, lower the flame. Simmer until rice is cooked, stirring occasionally. Fold in peas before serving and crumble bacon on top. Approximate cost: ₱0.45.

RICE GREEN CASSEROLE (4 servings)

1 clove garlic, minced
1 T minced onion
1/2 c ham, in 1-cm. cubes
1 T shortening
1/2 t salt
1/8 t nutmeg
1 c cooked rice
1/2 c chopped kulitis
1 egg, beaten

Sauté garlic, onion and ham. Season with salt and nutmeg and add to rice mixed with kulitis. Add beaten egg and put in a greased casserole. Bake at 350°F. for 10 minutes. Serve at once. This goes well with tuna salad. Approximate cost: ₱0.60.

RICE WITH MUSHROOMS (4 servings)

1 1/2 c cooked rice
1/8 t nutmeg
1/4 t salt
1/3 c whipped cream
1 c blanched mushrooms
2 T margarine

Combine rice, nutmeg, salt and cream and cook over low flame until cream is all absorbed. Set aside. Cut mushrooms 1 cm. long and sauté in margarine. Pour on top of rice mixture and serve at once. Approximate cost: ₱0.50.

RICE WITH PEAS (2 servings)

1 T margarine
1/16 t powdered cloves
1/2 t salt
1/16 t turmeric
1/3 c raw rice
3/4 c water, hot
1/3 c peas, canned

Heat margarine in a saucepan and put in cloves, salt and turmeric. After a minute add washed, drained rice and fry until golden brown. Add water and bring to a quick boil, then turn heat very low and cook for 15 minutes. Mix in peas and cook for another 5 minutes. This goes well with meat dishes. Approximate cost: ₱0.25.

RICE WITH TOMATO SAUCE AND MAYONNAISE (5 servings)

1 T chopped onion
1 1/2 T lard
1 c raw rice
1 3/8 c water
1/3 t salt

Fry onion lightly in lard; add rice and cook slowly. Pour in water and add salt. Cook over high flame for 8 minutes, then simmer for another 8 minutes. Put in oven for 10 minutes (350°F.) to brown lightly and serve with tomato sauce and mayonnaise. Approximate cost: ₱0.30.

RICE PILAF (4-6 servings)

3 tomatoes, chopped
1/4 c chopped celery
1/8 t black pepper
3/4 t salt
1/4 c chopped onion
2 T fat
1/4 c chopped green pepper
1/2 c ground meat
1/2 c chopped shrimps
2 c boiled rice

Simmer tomatoes, celery and seasonings until quite thick. Brown onion in fat. Combine tomato mixture, onion, green pepper, meat and shrimps. Add rice. Cook over moderate heat about 15 minutes, stirring occasionally. Approximate cost: ₱1.10.

RICE RING WITH FILLING (5 servings)

2 c cooked rice
1 c chopped ham
1/8 t pepper
1 t salt, iodized
1 sliced, hard-cooked egg

Mix rice, ham, pepper and salt. Pack into a well-greased ring mold. Place mold in a pan of boiling water for 20 minutes. Cover with wax paper and let stand. To serve, unmold rice ring on a hot platter and fill center with cream filling. Garnish with egg slices. Approximate cost: ₱1.95.

Cream Filling

1 c water
1/2 c milk
1 T flour
2 T celery, chopped
1/2 c peas
1/2 c carrot strips
1/4 t salt
1/8 t pepper

Mix water, milk, flour and celery. Bring to a boil. Add peas and carrots. Season.

RICE TOPPED WITH SPICY CABBAGE (5 servings)

1/2 c browned pork chops, in 1/2-inch cubes
1/2 c chopped onions
2 T tomato sauce
2 c shredded cabbage
1/3 c chopped fresh mushrooms
3/4 t salt
1/8 t pepper
1/8 t chili powder
2 T water
1 1/2 c hot, cooked rice
1 T sliced pimiento

To pork chops and 3 T fat extracted during browning, add onions and tomato sauce. Cover and cook over medium heat until meat is done. Add cabbage, mushrooms, salt, pepper and chili powder. Cover skillet and cook until cabbage is tender but still crisp and green. Add water. Spread rice on platter. Place meat-

cabbage mixture over rice. Decorate with strips of pimiento. Hard-boiled eggs may be served as an accompaniment. Approximate cost: ₱0.77.

RISOTTO WITH MUSHROOMS (3-4 servings)

1 bouillon cube
1 c boiling water
2 T margarine
2 T chopped onion
1/4 c raw rice
3/4 c sliced, blanched mushrooms
1/3 c grated cheese

Place bouillon cube in boiling water and set aside. Melt 1 T margarine in a frying pan and brown onion lightly in it. Add raw rice and fry until light brown, stirring to keep it from sticking to the pan. Season with salt and pepper to taste; add bouillon and simmer until liquid is absorbed and rice is tender. While rice is cooking, sauté mushrooms in 1 T margarine. Pour over rice and sprinkle cheese on top. Serve hot. Approximate cost: ₱0.85.

RISOTTO MILANESE (4-6- servings)

1 T margarine
1/2 c minced onion
3 c broth or 3 bouillon cubes in 3 c boiling water
1 t salt
1 c raw rice
3/4 c grated cheese (optional)

Melt margarine in large skillet over low heat; add onion and cook until lemon-colored, stirring constantly. Then add broth, salt and rice. Cook over low heat, stirring constantly until all broth is absorbed and rice is thoroughly cooked. Remove from heat; immediately before serving toss in cheese. If desired, sautéed mushrooms, chicken livers or bits of ham may be added to rice to make it a main dish. Approximate cost: ₱0.75.

SAUTÉED RICE (5 servings)

1 T chopped onion
4 T margarine
1 c cooked rice
2 beef bouillon cubes
1 T sliced onion
1 c sausage, canned
1/4 c peas
1/2 t salt
1 T sliced sweet red pepper
1/2 c shredded lettuce leaves

Fry chopped onion in 2 T margarine for ½ minute. Stir in rice. Fry and stir for 2 minutes. Moisten with broth made up of bouillon cubes in 2 c boiling water. Cover and cook over low fire for 3 minutes. Set aside. Fry sliced onion and sausage.

Sauté in 2 T margarine. Cook for 2 minutes and add peas, salt and sliced red pepper. Cook for another 2 minutes. Add lettuce leaves and mix in rice. Stir well and keep covered over very low fire until served. Approximate cost: ₱1.05.

SAUTÉED RICE AND VEGETABLES (3 servings)

2 cloves garlic, minced
3 T minced tomato
1/3 c string beans, cut 1 1/2 inches long
1/4 c chopped green pepper
2 T margarine
1/3 c raw rice
1 c water
1/2 t monosodium glutamate
1/4 t salt
1/16 t pepper

Sauté garlic, tomato, string beans and green pepper in margarine. Set aside. In remaining margarine, sauté rice until light golden brown. Add water and simmer. When rice is done, add sautéed vegetables, monosodium glutamate, salt and pepper. Serve at once. Approximate cost: ₱0.45.

SAUTÉED RICE WITH RED AND GREEN PEPPERS (4 servings)

2 T chopped red pepper
2 T chopped green pepper
2 T margarine
2 c cooked rice
Salt and pepper to taste

Sauté chopped pepper in margarine until almost done. Drain and set aside. In same margarine sauté rice and season to taste with salt and pepper. Continue cooking until rice is lightly browned. Add sautéed pepper. Approximate cost: ₱0.30.

SOFT RICE (8 servings)

1/2 c raw rice
3 c water
1/3 c pork liver
3/4 c shredded cabbage
1/3 c chopped pork
1 T chopped sweet pepper
1 T minced onion
1/4 t monosodium glutamate
1 T margarine
1 c shredded lettuce
1/3 c fried, filleted fish

Cook rice in water. Drop in liver and set aside when cooked. Sauté the other ingredients except lettuce and fish in 1 T margarine. Mix rice mixture and sautéed ingredients. Sprinkle lettuce and fish on top. Serve with kalamansi. Approximate cost: ₱1.05.

SPANISH RICE I (6 servings)

2 c cooked rice
1/3 c grated cheese
1/4 c shredded green pepper
1 t salt
1/8 t pepper
2/3 c tomato juice
3 pimientos, canned, cut in strips

Mix rice and cheese. Arrange in layers in a buttered baking dish, topping each layer with green pepper, salt and pepper. Pour in tomato juice, garnish with pimiento strips and bake in moderate oven (375°F.) for 30 minutes. If to be served as main luncheon dish, cover top with strips of bacon before baking. Approximate cost: ₱1.00.

SPANISH RICE II (2-3 servings)

2 T raw rice
2 t margarine
1 T chopped onion
1 T finely chopped celery
1/3 c ground beef
1/4 t salt
1/2 c chopped, blanched tomatoes
1 bouillon cube
3/4 c boiling water
1 1/2 T chopped green pepper

Wash rice and drain. Melt margarine and brown rice in it, stirring constantly. Add onion, celery and ground beef and cook until brown, stirring constantly. Add salt, tomatoes, bouillon cube and water. Cover pan and simmer for about 20 minutes until rice is tender. Stir in green pepper 3 minutes before serving. Approximate cost: ₱0.75.

SPANISH RICE III (5 servings)

1 1/2 T margarine
1 T chopped onion
2 T chopped green pepper
1/2 c sliced tomatoes
1 1/2 c boiled rice
1 t salt
1/16 t pepper
1/2 c buttered bread crumbs

Melt margarine in skillet and sauté onion and green pepper until onion begins to show color. Add tomatoes and rice; season with salt and pepper. Heat to boiling, reduce heat and simmer 5 minutes and turn into a casserole. Cover with buttered bread crumbs and bake 15 minutes in a hot oven (400°F.). Approximate cost: ₱0.40.

TOMATO RICE WITH CHEESE AND MUSHROOMS
(4 servings)

1 c rice
1/2 c sliced mushrooms
3/4 c canned tomatoes
1/2 t brown sugar
1/3 c diced cheese
1 t salt
1/8 t paprika
2 T chopped onion
2 T chopped green pepper
1/4 c bread crumbs

Cook rice. Sauté mushrooms. Combine rice and mushrooms. Then add the other ingredients except bread crumbs. Place in a greased baking dish and cover with bread crumbs. Bake in a moderate oven at 350°F. for about 40 minutes. Approximate cost: ₱1.20.

TURKISH PILAF (5 servings)

3/4 c raw rice
1 T minced onion
1 1/2 T margarine
1 1/8 c meat stock
1 t salt
2/3 c tomato sauce

Sauté rice and onion in margarine in a saucepan until rice is golden brown. Pour in stock and add salt. Cover; cook slowly for 15 minutes or until water is absorbed and rice is tender. Add tomato sauce; let stand uncovered in a warm place for 5 minutes to allow steam to escape. Approximate cost: ₱0.60.

TURMERIC RICE (2 servings)

2 T margarine
1 clove garlic, crushed
2 T minced onion
1/2 c raw rice
1/4 t pepper
1 c chicken stock
1/16 t turmeric
1/4 t salt
1 t monosodium glutamate

Melt margarine in a 1-qt. aluminum saucepan and sauté garlic, onion, rice and pepper, stirring constantly. When rice is golden brown, add stock and bring to a boil. Add the rest of the ingredients and stir thoroughly; cover and simmer until rice is done, about 20 minutes. Serve hot. Approximate cost: ₱0.35.

Rice With Meat

ARROZ CON POLLO (4 servings)

1 t sliced onion
1 T fat
4 slices chicken
1 1/4 t salt, iodized
1/8 t pepper
1 1/2 c boiling water
3/4 c raw rice
1/4 c peas, canned
1/4 c chopped carrots

Sauté onion to a golden brown. Add chicken and seasonings. Cook 30 minutes, turning occasionally. Add boiling water, cover and simmer. Add rice and continue simmering, stirring constantly until water is absorbed and rice is cooked. Add peas and carrots and cook 5 minutes longer. Approximate cost: ₱0.85.

BEEF AND RICE (3 servings)

1 1/2 T cooking oil
1 clove garlic
1/5 t salt
1/8 t pepper
3/4 c ground beef
1 1/2 T soy sauce
1/2 c boiling water
1/2 c sliced fresh mushrooms
1 t cornstarch
2 T cold water
1 1/2 c hot, freshly cooked rice
1 egg

Heat oil in a saucepan; mash garlic in it; add salt and pepper. Add beef and sauté for 2 minutes. Add soy sauce, boiling water and mushrooms. Let come to a boil. Cook and stir for 3 minutes. Mix cornstarch and cold water. Stir into the pan and cook until sauce is thick. Place hot rice on a large plate. Pour sauce over rice. Then make a depression in center and break an egg into it. Cover at once. The heat of the rice and sauce will cook the egg. Approximate cost: ₱1.20.

BROILED MEAT WITH RICE (4 servings)

1/2 t salt
1 c pork, cut in 1-cm. cubes
2 T soy sauce
2 T minced red pepper
1 t vinegar
1 T minced onion
1 T sugar
1 1/2 c cooked rice

Season meat. Put it in a greased baking pan and broil until browned. Combine the other ingredients except rice to make a sauce. Serve meat and sauce with rice. Approximate cost: ₱0.80.

CASSEROLE OF CHICKEN AND RICE (6 servings)

1 T margarine
1 T flour
1/4 c chopped celery
1 c chicken broth
2 t salt
1/8 t pepper
1 c cooked, cubed chicken
1/2 c cooked rice
1/4 c sliced pimiento

Make white sauce of margarine, flour, celery and broth. Season. Add chicken. Moisten rice with chicken broth. Grease casserole. Place layer of rice at the bottom, then add chicken and pimiento. Cover with thin layer of rice. Dot with bits of margarine. Bake at 350°F. for 30 minutes. Approximate cost: ₱1.20.

CHICKEN AND RICE I (2 servings)

1/2 c chicken, in medium-sized pieces
1/16 t pepper
1 1/3 T chopped onion
2 T shortening
1 c water
1 t salt
1/4 c chopped sweet red and green pepper
1 c cooked rice

Rub chicken with pepper. Sauté onion and chicken in shortening. Cover and cook slowly, stirring once in a while. Add water and simmer for 1 hour or until meat is tender. Add salt and sweet pepper and simmer for another 2 minutes. Arrange rice in mounds on a platter. Place meat in between rice mounds. Garnish with stuffed olives and parsley or strips of sweet red and green pepper. Approximate cost: ₱0.70.

CHICKEN AND RICE II (2 servings)

4 pcs. chicken, in 1-inch cubes
4 c water
1/2 c raw rice
2 T margarine
1 T flour
1 t salt
1/8 t pepper
1/3 c milk
1/4 t grated kalamansi peel
1 egg yolk

Simmer chicken in water until tender. Remove from broth. Fry rice in 1 T margarine until brown. Then add 1 c chicken broth. Cover and cook. Blend flour, 1 T margarine, salt and pepper in a saucepan. Add 1/3 c broth and milk. Place over low heat, stirring continuously until smooth and thick. Add kalamansi peel and beaten egg yolk. Cook for another 2 minutes. Set aside. Place chicken in center of a platter and surround with rice. Pour sauce over chicken. Approximate cost: ₱0.70.

CHICKEN AND RICE III (5 servings)

5 slices chicken
3/4 c raw rice
5 T margarine
2 t salt
1/4 t pepper
1 T flour
1/2 c milk, evaporated
1 t grated kalamansi peel
1 egg yolk

Simmer chicken in water until tender; remove from broth. Fry rice in 2 T margarine, stirring about 10 minutes. Slowly and carefully add 1 c chicken broth, salt and pepper; cover, cooking without stirring for 20 minutes. Remove cover. Blend flour and remaining 3 T margarine in a saucepan. Add 1 c broth and milk. Stir over low heat until smooth and thick, then add kalamansi peel. Pour in egg yolk slowly and cook 2 minutes longer. Arrange chicken in center of a large platter and surround with rice; serve with sauce. Approximate cost: ₱1.40.

CHICKEN CASSEROLE (5 servings)

3 slices chicken
2 t salt
1/8 t pepper
1 t ginger, minced
1 T margarine
1 t finely chopped onion
3/4 c cooked rice
1/4 c peas, canned
2 T diced tomato

Cut chicken into serving portions. Skin it to permit easy escape of fat. Season with salt and pepper. Sprinkle with ginger. Brown in margarine and add onion. Grease casserole and place cooked rice at the bottom; add sautéed ingredients. Add peas and tomato. Bake in an oven at 350°F. for 30 minutes. Serve hot. Approximate cost: ₱0.90.

CHICKEN IN A RICE RING (4 servings)

1/2 chicken
1/2 t pepper
2 t salt
1 T chopped onion
1/4 c flour
2 c cooked rice

Cut chicken into desired serving portions and boil in a saucepan with pepper, salt and chopped onion until tender. Remove chicken and thicken remaining liquid with flour for gravy. Pack cooked rice into a mold to form a ring. Unmold rice on a platter; place chicken in center and pour gravy over it. Surround with sliced, hard-boiled egg, sliced tomatoes and lettuce leaves. Approximate cost: ₱1.30.

CHICKEN-RICE CURRY (3 servings)

3 pcs. chicken
2 t margarine
2 T diced onion
1 T minced celery
1/2 t curry powder
1/2 c milk
1 t monosodium glutamate
1/4 t salt
1 c cooked rice

Cut chicken into serving portions and boil until tender; set aside. Make sauce by sautéing onion, celery and curry powder, then gradually add milk, monosodium glutamate and salt. Add chicken and serve on top of rice. Approximate cost: ₱0.70.

CHICKEN-RICE LOAF (3 servings)

1 c cooked rice
1/2 c boiled chicken, in 1-cm. cubes
1/2 c milk
1 egg, beaten
3 T chopped pimiento
1 t salt

Combine all ingredients and blend well. Place in a greased casserole and bake at 350°F. for 25 minutes. Arrange on a platter and serve hot. Approximate cost: ₱0.45.

CHINESE CHICKEN WITH RICE (5 servings)

1/4 t crushed garlic
2 T sliced green onion
1/2 c cooked, diced chicken
1 c bamboo shoot strips
2 T thinly sliced celery
1/2 c carrot strips
1/4 c sliced water chestnuts, canned
2 T fat
2 T liquid from canned chestnuts
1 T cornstarch
1 T soy sauce
3 t sugar
3 T vinegar
1 1/4 t salt
1 c water
1 c hot, cooked rice

Sauté garlic, onion, chicken, bamboo shoots, celery, carrots and water chestnuts (apulid) in fat. Add liquid from canned chestnuts. Set aside. Make a sweet-sour sauce out of cornstarch, soy sauce, sugar, vinegar, salt and water. Place sautéed ingredients over hot, cooked rice and serve with sauce. Approximate cost: ₱1.25.

CHINESE FRIED RICE (4 servings)

2 eggs
3/4 c thin strips of ham
1/2 c diced mushrooms (optional)
1/2 c coarsely chopped, cooked shrimps
1 c shredded cabbage
1 T fat
2 c cooked rice

Beat eggs and stir in ham, mushrooms, shrimps and cabbage. Heat fat in a large skillet and turn rice into it. Cook, stirring constantly, until rice is coated with fat. Pour in egg mixture and cook, stirring frequently, until rice is browned or for about 10 minutes. Approximate cost: ₱1.30.

CHIVERI (4 servings)

8 pcs. chicken, in 1-inch cubes
2 c cold water
1 1/2 T sliced celery
1 1/2 T sliced onion
1 1/4 t salt
3 slices bacon
2 T chopped onion
1/3 c boiled, cubed okra
2 T chopped green pepper
1/8 t black pepper
1 c cooked rice
1/3 c chopped tomatoes

In a large kettle, simmer chicken in water until tender. Add celery, sliced onion and 1 t salt, then simmer for another 10 minutes. Cut bacon slices into thirds and sauté until golden. Remove 3 t bacon fat. In the rest of the bacon fat, sauté chopped onion, okra, green pepper, ¼ t salt and pepper for 5 minutes, stirring occasionally. Set aside. Toss rice with chopped onion mixture and tomatoes. Spoon onto a platter and top with chicken. Garnish with bacon and okra. Approximate cost: ₱1.30.

COUNTRY RICE (4 servings)

1/2 c bacon, cut in squares
1 T minced onion
1/8 c chopped green pepper
1/4 t salt
1/8 t pepper
1/16 t marjoram
1 c cooked rice

Fry bacon in skillet and drain. Brown onion and green pepper in some of the bacon fat. Add bacon and seasonings. Stir with fork. Cover and steam until well heated. Place on top of rice. Approximate cost: ₱0.55.

CREAM CHICKEN IN NEST (5 servings)

1/2 c raw rice
1 1/2 t salt
2 eggs, beaten
1/2 c grated cheese
1/4 t black pepper
1 T margarine
1/2 c milk
1 c diced chicken
2 T chopped red pepper

Cook rice with 1 t salt. Stir in 1 beaten egg, cheese and ⅛ t pepper. Place mixture in a greased ring mold. Broil for 15 minutes or until rice and cheese begin to brown. Melt margarine in a saucepan. Stir in milk. Stir in other beaten egg, chicken, ⅛ t pepper, ½ t salt and red pepper. Place over low heat, stirring constantly, until very hot. Serve in center of rice nest arranged on a platter. Approximate cost: ₱1.20.

CURRIED MEAT WITH RICE (6 servings)

1/2 c cubed meat
4 t chopped onion
2 T soy sauce
1 T margarine
3/4 c milk, coconut
1 1/2 t salt
1 1/2 t curry powder
1 T flour
2 c cooked rice
2 T bread crumbs

Cook cut-up meat with chopped onion, soy sauce, margarine, coconut milk, salt and curry powder. Let come to a boil and add flour mixed with a little milk to make a thick sauce. In a casserole, put a layer of curried meat, then a layer of cooked rice. Top with bread crumbs and dots of margarine. Bake in an oven (350°F.) for 10 minutes. Approximate cost: ₱0.90.

CURRIED PORK AND RICE (8 servings)

1 c sliced potatoes
2 T margarine
1 T chopped onion
1 c cooked, diced pork
1 1/2 t curry powder
1 t flour
1/2 c pork stock
3/4 t kalamansi juice
1/2 t salt
1 c cooked rice

Fry potatoes in margarine and set aside. In remaining margarine, sauté onion and pork. Remove from pan. Stir in curry powder and flour in remaining margarine, then add stock and blend well until smooth; add potatoes, meat and onion. Stir in kalamansi juice and salt. Serve meat mixture on top of rice. Approximate cost: ₱1.05.

FRIED RICE (5 servings)

2 T lard
3/4 c cubed pork
1/2 c minced onions
1/4 c sliced green pepper
2 eggs, beaten
3/4 c raw rice
3/4 c pork stock
1/16 t monosodium glutamate
2 T soy sauce

Heat lard in skillet. Brown pork quickly and finish cooking with the cover on. Sauté onions, pepper and pork and add eggs, stirring constantly until firm. Place in a bowl. Cook rice in lard until brown and hard. Remove from fire. Add stock, monosodium glutamate and soy sauce and cook until done. Place rice on a platter with sautéed ingredients on top. Approximate cost: ₱0.65.

GREEN RICE (6 servings)

2 c cooked rice
1/8 t white pepper
1/2 t salt
2 cloves garlic, minced
1/4 c chopped green pepper
1/2 c cooking oil
1/4 c minced parsley
1 c milk
2 eggs, beaten
1 c grated cheese
1/2 c crumbled fried bacon
1/2 c chopped ham

Mix rice with seasonings. Sauté garlic and green pepper in oil and pour over rice. Add parsley. Beat milk and eggs together. Mix with rice. Put in greased loaf pan; top with cheese and bacon-ham bits. Bake at 350°F. for 30 minutes or until egg mixture is set and top is light brown. Approximate cost: ₱1.75.

GROUND PORK IN RICE PUDDIES (4 servings)

2/3 c rice
2 T fat
2 cloves garlic, crushed
2 T chopped onion
2 c ground pork
1 t annato
3/4 c water
1/4 c flour
1 t salt
1/4 t black pepper
1 c green peas, canned
1 chopped red pepper

Boil rice in saucepan. Sauté garlic, onion and ground pork in 1 T fat until tender. Set aside. Melt other T of fat in a saucepan and put in annato. Stir until red coloring is extracted. Make a sauce out of water, flour, salt and black pepper; stir in extracted annato. Mix green peas and red pepper with rice. Place in a greased ring mold alternate layers of rice, ground pork and sauce. If desired, bake a few minutes in hot oven at 400°F. so that it will hold its shape longer. Approximate cost: ₱1.80.

HAM AND ORANGE CURRIED RICE (4-6 servings)

2 T chopped green pepper
1 T chopped onion
1 T margarine
1 1/2 T brown sugar
1 c sliced ham, in 1/2-inch squares
1 t salt
1/8 t curry powder
1/2 c orange juice
1 T orange peel
2 c cooked rice

Pan-fry green pepper and onion in margarine until almost done. Add brown sugar and ham. Stir and continue cooking for 5 minutes. Add remaining ingredients. Mix well. Cover and cook for 10 minutes more. Approximate cost: ₱1.40.

HAM AND RICE CASSEROLE (6 servings)

1 1/2 c chicken stock
1 c cooked rice
3/4 t salt, iodized
1/2 c cubed ham
1/4 c chopped green pepper

Combine chicken stock, rice and salt. Cover and let cook for 25 minutes. Combine ham and green pepper. Grease a 2-qt. casserole and fill with alternate layers of rice and ham and green pepper. Bake at 350°F. for 20 minutes. Serve with catsup. Approximate cost: ₱0.80.

HAM-RICE SCALLOP (4 servings)

1 c raw rice
5 thin slices of ham
1/2 t salt
2 t minced onion
1 t mustard
2 c milk

Put a layer of rice in a casserole and place ham slices on it. Sprinkle with salt, onion and mustard, then top with rice. Pour on milk. Bake at 350°F. for 1 hour or until rice is cooked. Approximate cost: ₱0.80.

JAMBALAYA DOGS (4 servings)

1/2 c chopped onions
2 T margarine
1 t chili powder
3 t salt
1/8 t pepper
1 c canned tomatoes
2 c water
2 frankfurters, chopped
3/4 c raw rice

Brown all ingredients except rice in margarine. When mixture is bubbling, stir in rice. Cover and simmer slowly for 20 minutes. Remove from fire but place in a hot spot for another 10 or 15

minutes. At the end of this time, the rice should have absorbed all the liquid. Serve hot or cold. Approximate cost: ₱0.95.

LIGHTNING RICE DISH (4 servings)

1 c condensed mushroom soup
1 c water or milk
2 c cooked rice
3/4 c canned tomatoes without juice
1 1/2 t salt
1/2 c chopped onion
1/8 t pepper
1/16 t paprika
1 c leftover cut-up chicken or meat

Add condensed mushroom soup and water or milk to the rice. Add canned tomatoes and seasonings. Then add chicken or meat. Put into greased baking dish or casserole and cook in moderate oven at 350°F. for 30 minutes or until liquid is absorbed. Approximate cost: ₱1.70.

MEAT BALLS WITH RICE (4-6 servings)

2 onions, chopped
2 c ground meat
2 eggs, beaten
2 cloves garlic, minced
3 t flour
Salt, pepper, paprika
1/2 c chopped tomatoes
3 c boiled rice

Sauté onions and meat. Then add eggs, garlic and flour; season with salt, pepper and paprika to taste. Roll into small balls, fry in hot fat, cover with tomatoes and cook slowly for sometime. Serve hot over dry, flaky white rice. Approximate cost: ₱1.50.

PARTY CHICKEN (7 servings)

1 c white sauce
2 c chicken stock
1/2 c evaporated milk
1 c cooked rice
1 c diced, cooked chicken
2 t salt
12 slices bread

Cook white sauce. When it begins to thicken, add other ingredients except bread. Serve with hot toast. Approximate cost: ₱1.05.

White Sauce

1 T margarine
2 T flour
1/2 c milk
1 1/2 c chicken stock
1 t salt
1/8 t pepper

Melt margarine and add flour. Add milk and chicken stock. Season when mixture begins to thicken.

PIFFLE (5 servings)

1/2 c diced bacon
2 T diced onion
1 c raw rice
1/2 c diced pork
1 3/8 c pork stock
1/4 c water chestnuts (apulid)
2 T chopped green pepper
3/4 t salt
1/8 t pepper

Fry bacon and onion and pour off excess fat; add rice. Fry for 2 to 3 minutes or until rice is brown; add pork and pork stock. Stir constantly for a few minutes, then add water chestnuts, green pepper and seasonings. Cover and cook until rice is thoroughly done. Approximate cost: ₱0.85.

PORK CURRY (3 servings)

1/2 c pork, in 1-cm. cubes
1/4 t salt
1/8 t pepper
1 T margarine
2 T chopped onion
1 c water
1/4 t curry powder
1 T flour
1/2 t monosodium glutamate
1 c cooked rice

Season pork with salt and pepper and brown lightly in margarine. Add onion and water. Cover and simmer about 30 minutes. Stir in curry powder and flour diluted with broth from pork mixture. Mix well and cook slowly for another 10 minutes. Add monosodium glutamate. Serve hot around a mound of rice. Approximate cost: ₱0.60.

PORK CURRY ON RICE (4 servings)

1 c medium white sauce
1 c cubed, fried pork
1/2 t curry powder
1 c boiled rice

Cook white sauce and add pork and curry powder. Serve hot over freshly boiled rice. Approximate cost: ₱0.75.

Medium White Sauce

1 T margarine
1 T flour
1/2 c milk
1/16 t pepper

Melt margarine. Add flour, then milk and pepper. Thicken.

PORK, FRUIT AND RICE (4 servings)

2 T margarine
1/3 c pork
1/4 c sliced onion
1 c sour milk
1/4 t minced garlic
1/2 t minced ginger
1/4 t pepper
1 t salt
1/2 c raw rice
1/4 c peanuts, roasted
1 orange, segmented and pitted
1/2 c raisins

Melt margarine in a saucepan and add pork and onion. Brown pork well on both sides. Add milk, garlic, ginger, pepper, salt and rice. Stir well. Bring to a boil; reduce heat to low and cook for 20 minutes or until rice and pork are tender. Serve on a platter with peanuts, orange segments and raisins arranged on top. Approximate cost: ₱0.95.

PORK-RICE TURNOVER (6 servings)

1 c cubed lean pork
1/4 c salad oil
1/3 c sliced onion
1 c diced cauliflower
2 1/2 c water
1 1/2 t salt
1/2 t ground allspice
1 c raw rice

Pan-fry pork in oil. Set aside. In the oil, sauté onion and cauliflower and add to pork. Place pork and cauliflower mixture in a kettle and add water, salt and allspice. Boil for 10 minutes. Lower flame and add rice slowly. Simmer for 20 minutes or until rice is tender and water is absorbed. Turn over a platter so that pork is on top of mound. Garnish with strips of green and red pepper. Serve as a main dish. Approximate cost: ₱1.65.

POT ROAST OF CHICKEN AND RICE (4 servings)

1/4 t crushed garlic
1 T sliced onion
1 T chopped celery
1 c boiled, cubed chicken
1 T fat
1 c chicken broth
1 c water
2 1/4 t salt
1/8 t pepper
1/2 c carrot strips
3/4 c raw rice
1/3 c peas, canned

Sauté garlic, onion, celery and chicken in fat. Add chicken broth, water and seasonings and boil until chicken is very tender. Add more water as liquid evaporates; there should be 1½ c liquid when you add carrots and rice. Cover and cook until rice and carrots are tender; liquid should be absorbed and rice dry. Add peas. Heat carefully before serving. Approximate cost: ₱0.95.

RICE A LA MILAN (6 servings)

2/3 c chopped onions
8 small pork sausages
1 1/2 c raw rice
Salt and pepper to taste
6 c hot stock
1 c grated cheese

Fry onions with sausages, then cut sausages diagonally into thin slices. Add rice and fry until golden brown. Then add seasonings and hot stock. Cook over hot fire for 10 minutes and add grated cheese. Reduce fire and simmer for another 15 minutes or until mixture is dry. Approximate cost: ₱1.30.

RICE AND HAM RING (6 servings)

2 c cooked rice
1 c diced, cooked ham
1 egg
2/3 c condensed mushroom soup
1/2 c milk
1/4 t salt
1/2 c bread crumbs or crushed potato chips
Cooked vegetables (diced carrots, peas and snap beans)

Combine cooked rice and ham. Beat egg and mix with mushroom soup, milk and salt. Grease a 9-inch ring mold and put in rice mixture. Pour in liquid ingredients. Cover top with bread crumbs or crushed potato chips. Bake ring in a pan of hot water in a moderate oven at 375°F. for about 30 minutes. Invert onto a platter. Fill center with cooked vegetables. Approximate cost: ₱1.15.

RICE AND MEAT LOAF (6 servings)

2 T chopped onion
1 c cooked rice
1/2 c minced bacon
1 egg, beaten
1/2 c milk
1/2 t salt
1/4 t celery salt
1 T soy sauce
1/4 c sugar
1/4 c vinegar
1 t mustard

Mix onion, rice and bacon. Beat egg and milk together and add with seasonings to rice and meat. Put mixture in a well-greased pan and tap pan sharply once or twice so that top will be even. Mix sugar, vinegar and mustard. Pour over loaf and bake at 350°F. until firm. Unmold on a platter and serve. Approximate cost: ₱0.60.

RICE AND MEAT STYLE (4 servings)

2 cloves garlic, minced
3 T chopped onion
1/3 c ground beef
2 T margarine
1 t chili powder
1 c cooked rice
1/8 t oregano leaves, crumbled
1/2 t salt
1/2 t monosodium glutamate
1/2 c tomato sauce
2 T chopped green pepper

Sauté garlic, onion and beef in margarine with chili powder. Add rice, oregano leaves, salt, monosodium glutamate, tomato sauce and green pepper. Cover and cook for 10 minutes over low heat, stirring occasionally. Serve at once. Approximate cost: ₱0.60.

RICE AND PORK BALLS (8 servings)

1/2 c ground pork
1 T margarine
1 c cooked rice
1/2 c thick white sauce
1/2 t salt
1 egg, beaten
1 c dry bread crumbs
Frontier sauce

Sauté pork in margarine, stirring until well and evenly browned. Mix with rice, white sauce, salt and egg, then cool. Shape in balls and roll in bread crumbs. Fry in fat until lightly browned. Serve with Frontier sauce. Approximate cost: ₱0.75.

Thick White Sauce

2 T margarine
1 T flour
1/4 t salt
1/16 t pepper
1/2 c milk

Mix ingredients and cook until done.

Frontier Sauce

1 T flour
1 T margarine
1/4 t salt
1/4 c tomato sauce
1/3 c water

Mix ingredients and cook until done.

RICE LOAF (4 servings)

1 1/2 t salt
1/16 t pepper
1/16 t oregano
1 c ground pork
1 eggplant
2 cloves garlic, minced
1 onion, chopped
1 T margarine
1/2 c canned tomatoes
1/2 can pimiento (2 oz.)
1 egg, beaten
1 c cooked rice

Season meat and add peeled, boiled and drained eggplant cubes. Sauté garlic and onion in margarine and add to meat. Add tomatoes, chopped pimiento and beaten egg. Then mix in dry, cooked rice. Stir together carefully. Put into a greased loaf pan and bake at 325°F. for 1½ hours. Halved, hard-boiled eggs may be placed on both sides of loaf. Approximate cost: ₱1.50.

RICE-MEAT CROQUETTES (24 croquettes)

1/2 c milk
1 c cooked ground pork
1 c cooked rice
1/2 t salt
1/8 t pepper
2 eggs, well beaten
1 c bread crumbs

Put milk, pork and rice in a saucepan; bring to a boil. Add salt, pepper and 1 beaten egg. Stir well and cool. Shape into balls and roll in crumbs; roll in remaining beaten egg and again in bread crumbs. Fry in deep hot fat. Approximate cost: ₱0.85.

RICE-MEAT LOAF (7 servings)

1 c cubed pork
1/2 c sausage, cut in rings
1/4 c milk
1 c cooked rice
2 1/2 T minced onion
2 T chopped green pepper
1 egg, slightly beaten
1/2 t salt
1/8 t pepper
1 T margarine

Mix pork with sausage rings and combine with milk, rice, onion, green pepper, egg and seasonings. Form into a loaf, place in a greased 9-inch loaf pan and bake at 325°F. for 35 minutes. Approximate cost: ₱1.00.

RICE PATTIES CREOLE (16-20 patties)

1 c cooked rice
1/2 c chopped ham
2 T chopped red pepper
1 egg

Mix rice, ham and red pepper together; add egg and stir well. Drop by the heaping tablespoonful into a frying pan containing melted fat and fry until golden brown; turn and brown on other side. Serve hot with tomato catsup. Approximate cost: ₱0.50.

RICE-SAUSAGE CASSEROLE (6 servings)

1 c sliced canned sausage
1/4 c minced onion
1 T lard
1/2 c tomato sauce
2 T pork stock
1 1/2 c cooked rice
1/4 c grated cheese

Brown sausage and onion in lard. Drain off excess fat. Thoroughly mix together tomato sauce, pork stock and rice. Arrange alternate layers of sausage and rice in a greased 2-qt. casserole. Sprinkle cheese on top. Bake at 350°F. for 30 minutes. Approximate cost: ₱1.05.

RICE WITH CHICKEN I (6 servings)

2 T margarine
1/4 t crushed garlic
1/2 t chili powder
1 t salt
1/16 t pepper
6 slices chicken, cooked
1 c cooked rice
1/2 c peas, canned

Melt margarine in a saucepan; brown crushed garlic in it; add chili powder, salt and pepper. Fry slices of chicken in this mixture. When browned on both sides, add rice, continuing to cook slowly, covered. Add peas when rice is dry. Serve very hot. Approximate cost: ₱1.30.

RICE WITH CHICKEN II (6 servings)

2 T margarine
1/2 t crushed garlic
1/4 c sliced red pepper
1 t salt
6 slices chicken, boiled
1 c cooked rice
2 T chicken stock
1/8 t pepper

Melt margarine in skillet. Sauté garlic, red pepper and salt. Fry slices of chicken in this mixture until browned. Add cooked rice, chicken stock and pepper. Cook until stock is absorbed. Sprinkle with sliced green onion leaves. Approximate cost: ₱1.60.

RICE WITH CHICKEN III (6 servings)

6 pcs. chicken, in 1-inch squares
3 T shortening
1 1/2 T minced onion
1 c raw rice
1/2 t salt
1/4 t pepper
1/2 c canned sausages, in 1-cm. pieces
1 c tomato sauce
1 c water
1/2 c peas, canned
1/3 c chopped green pepper
1 T monosodium glutamate

In a paper bag, shake chicken pieces in flour till coated. Fry until golden brown on both sides and set aside. In the same fat, sauté onion, rice, salt, pepper and sausages. Add tomato sauce and water. Bring to a boil for 5 minutes, then turn heat low. Place chicken on top and simmer for 20 minutes. Add peas, green pep-

per and monosodium glutamate and cook for another 5 minutes. Approximate cost: ₱1.50.

RICE WITH CHICKEN IV (4 servings)

2 T chopped onion
3/4 t salt
1/2 c diced chicken
1 1/2 c water
1 T margarine
1/4 t turmeric
1/2 c raw rice
1 T milk curd

With onion and ½ t salt, cook chicken gently in water until tender. Melt margarine in a saucepan and brown chicken lightly in it. Add turmeric, ¼ t salt, rice and milk curd. Cook for 3 minutes. Add chicken stock and bring to a boil, then turn heat very low and cook till rice is done. Serve hot with a vegetable dish. Approximate cost: ₱0.60.

RICE WITH CHICKEN AND HAM (6 servings)

2 T shortening
3 cloves garlic
2 T sliced onion
1/4 c chopped tomatoes
1/2 c diced ham
1/2 c raw rice
1/3 c diced, boiled chicken
1/3 c sausages, cut into rings
1 1/2 T chopped green pepper
1 t salt
1/16 t pepper
1/16 t chili powder
1 1/4 c chicken broth

Sauté in a saucepan garlic, onion and tomato until tender. Add all other ingredients except broth. Place mixture in a greased casserole. Pour in broth and bake at 350°F. for 50 minutes or until rice is cooked and liquid is absorbed. Approximate cost: ₱1.00.

RIOJA RICE (6 servings)

3/4 c cubed ham
1/2 c sausage, cut into rings
1/2 T margarine
1 T minced onion
1/2 c chicken stock
1 bay leaf
1/2 t salt, iodized
1/8 t pepper
1 1/2 c cooked rice
1/4 c tomato sauce
2 T chopped red pepper

Fry ham and sausage in margarine. Sauté onion and meat. Pour in stock; put in bay leaf, seasonings and rice. When rice is done, mix in tomato sauce. Put into a mold to give it shape, then turn onto a platter and garnish with chopped red pepper. Approximate cost: ₱1.15.

SCALLOPED CHICKEN SUPREME (8-10 servings)

1/4 c chopped onion
1 c blanched, chopped fresh mushrooms
1 T patis
1/3 c broth
3 c cooked rice
1 1/2 t salt
3 c flaked chicken
3 c medium gravy
3/4 c cashew nuts
2 T chopped green pepper
2 T chopped red pepper
1 c buttered bread crumbs

Sauté onion, mushrooms and patis. Pour broth on rice to separate the grains. Sprinkle salt on flaked chicken. Place alternately in greased 11-inch by 7-inch baking dish cooked rice and chicken with gravy. Sprinkle over each layer cashew nuts, chopped pepper and sautéed mushrooms. Top with buttered bread crumbs and bake in moderate oven (350°F.) for 45 minutes. Approximate cost: ₱4.20.

Medium Gravy

1/4 c cold water
2 T flour
1 c meat broth, seasoned with monosodium glutamate

Shake water and flour together in a covered jar. Put in cold water first for a smooth mixture. Add broth and cook, stirring frequently until done.

SPANISH RICE (3 servings)

1 c raw rice
1 c diced pork
1/3 c chopped onion
1/3 c chopped red pepper
1 blanched, chopped tomato
1 bay leaf
2 T sugar
1/8 t cloves
1/4 t salt
1/8 t pepper

Cook rice in 2 c boiling, salted water. Set aside. Fry pork until a delicate brown. Drain. Sauté onion and red pepper in drained fat. Heat tomato with bay leaf, sugar and other seasonings. Combine all ingredients and reheat. Serve at once. Approximate cost: ₱0.60.

TANGY MEAT LOAF (6 servings)

1 egg
1 1/4 c ground beef
1 t salt
1/2 t dry mustard
1/8 t pepper
1/2 c milk
3 t chopped onion
1 c cooked rice

Beat egg slightly; mix in beef, seasonings, milk and onion. Add rice. Place in a greased loaf pan and bake at 350°F. for about 45 minutes. Approximate cost: ₱1.00.

THREE-LAYER BEEF LOAF (4 servings)

3/4 c ground beef
2 T chopped onion
1/8 t pepper
1 egg, beaten
3/4 t salt
1 t soy sauce
2 T catsup
1 c cooked rice
2 T chopped pepper

Combine beef, onion, pepper, egg, salt and soy sauce. Place half of mixture in a greased loaf pan and spread 1 T catsup on top. Combine rice and green pepper and place on top of mixture. Cover with remaining meat mixture. Top with another T of catsup and steam for 30 minutes. Serve hot or cold. Approximate cost: ₱1.00.

TURKISH PILAU (6 servings)

1 c cooked rice
2 T finely sliced tomato
1/8 c chopped onion
3/4 t salt
1/16 t pepper
1/2 c pork stock
1 c cubed pork
3 T buttered crumbs

Combine rice, tomato, onion, salt, pepper and stock. Arrange in alternate layers with pork in greased casserole. Cover with buttered crumbs. Bake in moderate oven (350°F.) for 25 to 30 minutes. Approximate cost: ₱0.50.

Rice As Salad

CHICKEN-RICE SALAD (4-6 servings)

1 c cubed, cooked chicken
1 c chilled, cooked rice
1/4 c cooked green peas
1/4 c diced celery
3/4 t salt
1 T sweet relish
1/2 c French dressing
1/2 c mayonnaise

Use a fork to combine chicken, rice, peas, celery, salt, sweet relish and French dressing. Cover and chill in refrigerator for 1 to 2 hours. Serve on crisp lettuce leaves. Top with mayonnaise and decorate with sliced stuffed olives and tomatoes. Approximate cost: ₱1.25.

GOLDEN NEST SALAD (2 servings)

1 c cooked rice
1/3 c French dressing
1/2 c grated carrot
1/4 c grated cheese

Marinate rice in French dressing. Mix in grated carrot and shape mixture into a nest. Chill. Place cheese inside nest before serving. Approximate cost: ₱0.25.

RICE AND EGG SALAD (7 servings)

1 1/2 c cooked rice
1 T diced celery
1/3 c peas, cooked
1/4 c French dressing
3/4 T salt
1/16 t pepper
2 eggs, hard-boiled
1 c bechamel sauce
1/4 c tomato sauce
1/2 c chopped mushrooms

Mix rice, celery, peas, French dressing, salt and pepper. Halve eggs lengthwise. Remove yolks and rub through a wire sieve. Cream yolks with a little margarine and cold bechamel sauce. Flavor ½ of mixture with tomato sauce and the other half with chopped mushrooms previously cooked in a little margarine. Arrange rice in a salad bowl and press backs of egg whites firmly on rice. Spoon in fillings alternately so that 2 halves will contain tomato sauce mixture and 2 halves mushroom mixture. Approximate cost: ₱0.90.

French Dressing

1/4 t salt
1 T sugar
1/4 c vinegar

Bechamel Sauce

1 T sliced onion
1/2 c carrot strips
1/2 bay leaf, crushed
1/2 c pork stock
1 T flour
1 T melted margarine
1/2 t salt
1/2 t pepper

Add onion, carrot, and bay leaf to pork stock and simmer 20 minutes; strain and, if necessary, add water to make ½ c. Stir flour into melted margarine. Add hot stock; cream gradually and cook 5 minutes or until thick and smooth, stirring constantly. Add seasonings.

RICE-BUKO-PINEAPPLE SALAD (2 servings)

1/3 c cooked rice
1/2 c buko, grated with makapuno grater
1/3 c pineapple chunks
1 t minced onion
1 T vinegar
1/2 t salt
1/16 t pepper
1 T sugar
1/2 t kalamansi juice

Mix rice, buko, pineapple and onion and set aside. Make the dressing by mixing together vinegar, salt, pepper, sugar and kalamansi juice. Pour on rice mixture and chill. Serve cold. Approximate cost: ₱0.30.

RICE-SALMON SALAD (4 servings)

3/4 c canned salmon
1 c cooked rice
3/4 c mayonnaise
Parsley (optional)

Flake salmon. Add to rice and mix thoroughly with a fork. Place in a salad dish or on individual plates and top with mayonnaise. Garnish with parsley. Approximate cost: ₱0.95.

RICE SOMBRERO SALAD (6 servings)

1 1/2 c cooked rice
1/4 c pineapple syrup
6 slices pineapple
1 red sweet pepper
6 lettuce or cabbage leaves
1/4 c ground peanuts

Moisten rice with pineapple syrup. Mold into cones about 1½ inches in diameter. Place a cone on top of each pineapple slice. At the base of each cone arrange a strip of red pepper to resemble a hatband. Serve on crisp lettuce or cabbage leaves. Sprinkle with peanuts. Approximate cost: ₱.80.

RICE-VEGETABLE SALAD (4 servings)

1/2 c rice
2 c boiling water
1/4 t salt
1 can green peas, drained
1/2 c diced, cooked carrots
1/2 c diced cucumber
1/3 c French dressing
Pepper
1 tomato, skinned and quartered
6 cooked shrimps

Gradually add rice to boiling, salted water. Cook uncovered until rice is done, stirring occasionally. Lightly toss together with peas, carrots and cucumber. Mix with French dressing. Add more salt and pepper to taste. Decorate with quartered tomato and cooked shrimps cut in halves. Approximate cost: ₱0.80.

ROYAL SALAD (3 servings)

1 c cooked rice
1/3 c French dressing
1/4 c diced celery
3/4 c pineapple chunks
1/4 c grated carrot
1/4 c raisins
Lettuce leaves

Separate rice grains with a fork. Mix in French dressing, celery, pineapple, carrot and raisins. Chill. Serve on lettuce leaves. Approximate cost: ₱0.60.

SHRIMP-RICE SALAD (6 servings)

1 c shelled shrimps
1 1/2 c cooked rice
1/3 c French dressing
1/4 c diced celery
Lettuce leaves
2 tomatoes, sliced in rings
1 green pepper

Halve shrimps and cut into 1-inch lengths. Marinate cooked rice in French dressing. Add shrimps and mix well. Chill. Mix in celery and serve on lettuce leaves. Garnish with sliced tomatoes and rings or strips of green pepper. Approximate cost: ₱1.05.

Rice As Merienda And Dessert

APPLE-RICE PUDDING (6 servings)

2 c apples
5 T sugar
1 1/2 c milk
1 1/2 c cooked rice
1/4 t grated kalamansi peel
1 egg, separated
1/4 t nutmeg

Peel, core, slice and cook apples with 2½ T sugar for about 7 minutes. Boil milk and mix in rice and kalamansi peel. Cook briskly for 20 minutes and add thoroughly beaten egg yolk. Arrange apples in layers in a baking dish and pour rice and syrup left over from cooked apples over them. Sprinkle with sugar and nutmeg. Beat egg white until it forms peaks. Stir in very gently. Bake in a 350°F. oven until brown. Approximate cost: ₱1.15.

CASHEW NUT COOKIES (24-36 cookies)

1 c rice flour
1/4 c brown sugar
1/4 c ground cashew nuts
1/4 c margarine
24-36 cashew nuts

Sift rice flour and sugar together. Mix with ground cashew nuts. Cream margarine and add flour mixture gradually. Add a few drops of water if needed to hold dough together. Shape in small balls; place on a greased cookie sheet, leaving enough space around each. Press a cashew nut on top of each. Bake in a moderate oven at 350°F. for about 10 to 15 minutes or till golden brown. Approximate cost: ₱0.85.

COCOA RICE PUDDING (8 servings)

1/2 c raw rice
3/8 c water
1/2 c milk
1 1/2 T cocoa
1/3 c sugar

Steam rice and water until water is almost evaporated, stirring 3 times during the process. Stir in milk, cocoa and sugar and steam until dry. Serve cold with whipped cream. Approximate cost: ₱0.40.

COCO-RICE NECTARINE (3 servings)

1/4 c red kidney beans
1/2 c raw rice
1/3 c sugar
1/3 c water, for syrup
1 c grated coconut

Boil beans in 1½ c water. Cook uncovered; stir often and maintain the 1½ c water by adding hot water when needed. Strain beans and reserve the liquor. Cook rice in bean liquor, adding beans during the last 3 minutes. Set aside. Make thin syrup of sugar and 1/3 c water. When syrup is at soft ball stage or is thick, place rice-bean mixture in it and cook until dry. Place in a ring mold and serve with grated coconut around and in center. Approximate cost: ₱0.20.

CREAMED PEANUTS AND RICE (6 servings)

1 T cornstarch
1 T fat
1 1/2 c milk
1/2 c sugar
1/2 c cooked rice
1 c chopped peanuts
1/2 t salt

Make a white sauce by blending cornstarch with melted fat and stirring in milk and sugar. Stir mixture over fire until it thickens. Mix rice, peanuts and salt with sauce, place in a greased baking dish and bake for 20 minutes. Approximate cost: ₱0.70.

CREAMY RICE PUDDING (9 servings)

1 c raw rice
3/4 c sugar
2 c milk, fresh
1 t salt
1/2 t grated kalamansi peel

Mix all ingredients. Pour into a baking pan and steam for 1 hour and 5 minutes, stirring 3 times during the first 30 minutes of steaming. This pudding should be steamed the day before serving and chilled overnight. Approximate cost: ₱0.66.

FRUIT-RICE CANDY (20 pieces)

1/2 c rice
2 c milk
1/2 t salt
2 T sugar
2 eggs, beaten
1/2 c candied fruit
Cooking oil
Bread crumbs
Powdered sugar

Cook rice in milk until very soft. Stir in salt, sugar and 1 well-beaten egg and remove at once from fire. Mix in cut-up candied fruit and turn into a shallow, well-oiled pan to cool. When firm, cut into 1-inch squares. Dip in other beaten egg, then in bread crumbs; brown delicately on both sides in oil. Drain, dust with powdered sugar and serve hot. Approximate cost: ₱0.90.

GLORIFIED RICE (8-10 servings)

2 c crushed pineapple, drained
10 marshmallows, quartered
1/3 c sugar
2 c cooked rice, cooled
1/2 c cream, chilled
1 t vanilla

Mix gently pineapple, marshmallows, sugar and rice. Whip cream, add vanilla and fold into rice mixture. Before serving, let stand in refrigerator for 4 hours or until it is chilled. Approximate cost: ₱0.85.

KALAMANSI RICE (4 servings)

3 T sugar
2 T kalamansi juice
1 t grated kalamansi peel
2 c cooked rice

Mix sugar, kalamansi juice and peel. Pour over rice and stir. Serve hot or cold. Approximate cost: ₱0.25.

MAPLE RICE PUDDING (6 servings)

1/4 c raw rice
1 1/2 c milk
3/8 t cinnamon
2/3 c maple syrup
1/8 t salt
1 egg

Combine all ingredients except egg in top of a double boiler. Cook over boiling water for 1½ hours or until rice is tender, stirring occasionally. Beat and stir in egg. Cook 3 minutes longer or until thick. Serve warm or cold with cream. Approximate cost: ₱1.00.

MILK RICE (4-6 servings)

1/2 c rice
3 c hot milk
1/2 t salt
1 T margarine
1/2 t vanilla
4 T sugar
1/2 t cinnamon (optional)

Put rice in a double boiler with hot milk and salt. Cover and steam until tender for about 1 hour. Stir frequently. Add margarine and vanilla. Serve rice hot or cold with a combination of sugar and cinnamon. Approximate cost: ₱0.50.

PINEAPPLE-RICE MELBA (8 servings)

1/2 c raw rice
1/2 t salt
5/8 c water
3/4 c milk
1/2 c sugar
1/2 t vanilla
1/2 c whipping cream
4 slices pineapple

Put rice, salt and water in a 2-qt. saucepan. Bring to a vigorous boil. Turn heat to low. Cover rice and simmer over low heat for 14 minutes. Stir in milk. Cover and continue to cook over low heat until milk is absorbed. Stir in ¼ c sugar. Cool. Stir in vanilla. Cover and chill in refrigerator. Whip cream and fold in remaining ¼ c sugar. Mix cooled rice in whipped cream and place in refrigerator. To serve, spoon rice mixture into center of pineapple slices. Approximate cost: ₱0.70.

PINIPIG MACAROONS (24 macaroons)

2 egg whites
1 t salt
3/4 c sugar
1 t vanilla
1/2 c chopped peanuts
2 c puffed pinipig

Beat egg whites until frothy. Sprinkle salt on top and beat until stiff. Gradually beat in sugar, then flavoring; fold in peanuts and puffed pinipig. Drop from teaspoon on greased baking sheet and bake in moderate oven at 350°F. for 15 to 20 minutes. Place pan on damp cloth. Remove macaroons immediately with spatula or knife. Approximate cost: ₱0.70.

PULANG KANIN (7 servings)

1/2 c red kidney beans
3 c water
1 c raw rice
1/2 t salt
1 T sugar
1 1/2 T sesame seeds

Boil beans in water. Cook uncovered, stir often and maintain the 3 c of water by adding hot water when needed. Strain beans and reserve the liquor. Cook rice in bean liquor, adding beans, salt, sugar and more water if necessary during the last 3 minutes. Serve hot and sprinkle toasted sesame seeds over it. Approximate cost: ₱0.25.

RICE AND FRUIT CREAM (5 servings)

1 c cooked rice
1/2 c sliced bananas
1/2 c diced pineapple
1/2 c heavy cream
1/4 c crushed peanuts

Combine cooked rice and fruits. Chill. Just before serving, whip heavy cream until stiff. Then fold in rice mixture. Place in individual dishes, top with crushed peanuts and serve. Approximate cost: ₱0.60.

RICE-BANANA FLUFF (6 servings)

1 c diced bananas (lakatan or bungulan)
2 t kalamansi juice
2 c fluffy rice, chilled
1/2 c whipping cream
1/3 c sugar
1 1/2 t vanilla

Place bananas in a bowl with kalamansi juice. Add rice and mix thoroughly. Chill. Just before serving, whip cream; add sugar gradually and then vanilla. Fold fruit mixture into cream mixture. Approximate cost: ₱0.40.

RICE BAVARIAN (6 servings)

1 1/2 c milk
1/4 t grated kalamansi peel
1/4 c rice, raw
1/8 t salt
1/2 t vanilla
1/2 c sugar
1 T gelatin
1/2 c cold water
1/2 c heavy cream, whipped

Heat milk and kalamansi peel in a double boiler. Stir in rice and salt. Cook until rice is tender; the milk should be nearly absorbed, leaving rice very moist. Add flavoring, sugar and gelatin, which has been soaked in cold water, to hot, cooked rice; mix

carefully. When mixture is beginning to set, fold in whipped cream. Pour into a mold and chill. Approximate cost: ₱0.55.

RICE BONBONS (30 bonbons)

1/2 c flour
1 t baking powder
1/4 t salt
1 egg
3 T milk
1 c soft, cooked rice
1/2 t vanilla
1/2 c cooking oil
1 c sugar

Mix and sift flour, baking powder and salt. Add well-beaten egg, milk, rice and flavoring and mix thoroughly. Drop by ½ teaspoonfuls into hot oil and when golden brown all around, remove and drain. Divide sugar into 4 parts. Caramelize 1 part and drop in 7 to 8 bonbons. Repeat until all bonbons are coated. Approximate cost: ₱0.80.

RICE CAKES (15-20 cakes)

1 egg
2 c milk
3 c cooked rice
3/4 c all-purpose flour
2 T sugar
1 t salt
1 t vanilla
1 t baking powder

Beat egg; add milk and cooked rice. Sift flour, measure and resift 3 times with the next 4 ingredients. Add to rice mixture and beat well. Pour batter by ¼ cupfuls on a medium hot, greased griddle. Cook until golden brown on both sides, turning only once. Serve immediately with butter, syrup or jelly. Approximate cost: ₱0.65.

RICE-CHEESE IMPERIAL (6 servings)

1/2 c milk
1 c grated cheese
1 T margarine
1 1/2 c cooked rice
2 eggs
1 t salt
1/8 t pepper

Heat milk in a casserole. Melt in it cheese and margarine. Add rice and slightly beaten egg yolks. Season, then fold in stiffly beaten egg whites. Place casserole in a pan of warm water and bake in a moderate oven for about 30 minutes. Serve at once, as this is like a soufflé and does not improve with waiting. Approximate cost: ₱0.65.

RICE-CORN BREAD (6 servings)

1 c corn meal
2 c boiling water
1 t salt
1/4 c fat
1 c milk
3 eggs, separated
1 c fluffy cooked rice
3 t baking powder

Slowly pour corn meal into a saucepan with boiling water, stirring constantly until mixture makes a thick mush free from lumps. Add salt and fat and remove from stove. Slowly beat in milk, making a smooth batter. Add egg yolks and beat again. Mix in rice. Set aside to cool to room temperature or refrigerate. Fold in well-beaten egg whites and baking powder when cooled or when you are ready to bake. Pour into a greased loaf pan and set in a fairly hot oven at 400°F. about 35 to 45 minutes or until top and sides are brown and bread has risen and seems light. Serve at once. Approximate cost: ₱0.90.

RICE CROQUETTES (about 8 croquettes)

6 T hot milk
2 c cooked rice
2 T margarine
2 eggs, beaten
3 T sugar
1 t vanilla

Heat milk in a double boiler. Add cooked rice and mix thoroughly. Then add other ingredients. Cook and stir until eggs thicken. Cool mixture. Take ¼ c of mixture, shape into a ball and flatten. Do this until you have 8 croquettes. Fry in hot fat until brown on both sides. Approximate cost: ₱0.40.

RICE CROUSTADES (4 servings)

1 c raw rice
1 1/2 c chicken stock
1 c thick white sauce
Bread crumbs
1 egg, beaten

Cook rice in chicken stock. Mix with thick white sauce and spread in a greased pan to a depth of about 1½ to 2 inches. Cover with oiled paper and place weights on top so that mixture will become very compact when cold. When firm cut into circles; make a cavity in center of each. Dip in bread crumbs, then in egg and again in crumbs; fry in deep fat. Approximate cost: ₱0.65.

Thick White Sauce

1/2 c milk
2 T fat
2 T flour
1/8 t salt
1/8 t pepper

Heat milk. Cream fat and flour; add to milk, stirring constantly until sauce thickens. Add seasonings just before serving.

RICE CUSTARD PUDDING (4 servings)

2 c sugar
3/4 t salt
2 eggs, beaten
2 T margarine
2 c milk, scalded
2 c boiled rice
1/2 c raisins

Mix sugar and salt with eggs. Melt margarine in hot milk and add slowly to egg mixture. Add rice and raisins. Put in oiled baking dish in a pan of water. Bake in a moderate oven at 350°F. for 30 to 35 minutes. Approximate cost: ₱1.00.

RICE DELIGHT (8 servings)

No. 1 can crushed pineapple with juice
3/4 c shredded buko
2 c cooked rice
1/2 c heavy cream
1/3 c sugar

Combine pineapple and coconut. Stir in rice. Whip cream and add sugar. Fold whipped cream into rice mixture and chill. Approximate cost: ₱0.70.

RICE DROP COOKIES (25-30 cookies)

2 t baking powder
1 c flour
1/2 t salt
2 eggs
3 T coconut milk or evaporated milk
1 c cooked rice
1 t vanilla

Mix and sift baking powder, flour and salt. Add well-beaten eggs and coconut milk or evaporated milk alternately with boiled rice and mix thoroughly. Add vanilla. Drop by teaspoonfuls into hot lard and when golden brown, remove and drain in a colander or on a piece of paper. Serve with a thick syrup or shake in a bag with sugar until cookies are coated. Approximate cost: ₱0.55.

RICE FLOUR POLVORON (about 30)

1 c rice flour
1/2 c sugar
1/2 c melted margarine

Brown rice flour. Set aside to cool. Add margarine and sugar to flour and mix well. Mold in polvoron molders and wrap in plain or colored paper. Approximate cost: ₱0.40.

RICE FLOUR SPONGE CAKE

1/2 c rice flour
1/2 c sugar
4 egg yolks
1/2 t vanilla
1/3 c milk
5 egg whites
1/8 t salt

Sift rice flour and sugar. Set aside. Beat egg yolks, vanilla and milk until light. Fold in sifted dry ingredients. Beat egg whites and salt until stiff. Fold into yolk mixture. Pour batter into a greased 7-inch tube pan. Bake at 300°F. for 20 minutes. Approximate cost: ₱0.90.

RICE GRIDDLE CAKES (10-12 cakes)

2 eggs, beaten
1/2 t salt
1 c milk
1/2 c rice flour
2 t baking powder
2 t melted margarine
1 1/2 c soft-boiled rice

Combine eggs, salt and milk. Sift flour and baking powder and add to egg mixture. Add margarine and rice. Stir until smooth. Bake on a lightly greased griddle. Serve with butter or syrup. Approximate cost: ₱0.70.

RICE MUFFINS (12 muffins)

2 eggs, separated
1 c boiled rice
2 c milk
2 T margarine
1 1/2 c flour
1/2 c sugar
1/2 t salt
1 T baking powder

Beat egg yolks. Add rice, milk and melted margarine. Sift before measuring 1½ c flour. Resift with sugar, salt and baking powder. Add to rice mixture and combine with a few swift strokes. Beat egg whites until stiff. Fold into mixture. Pour mixture into hot, greased muffin pans and bake in a moderately hot oven at 425°F. for 20 to 25 minutes. Approximate cost: ₱0.70.

RICE PARFAIT (2 servings)

1 t gelatin
1/8 c cold water
1/2 c hot milk
3 T sugar
1/8 t salt
1/4 c cooked rice
1/2 c whipped cream

Soak gelatin in cold water for 5 minutes. Add milk and stir until gelatin is dissolved. Add sugar, salt and rice to mixture. When cool, fold in whipped cream and chill. Serve plain or with crushed fruits. Approximate cost: ₱0.40.

RICE-PINEAPPLE MERINGUE (6 servings)

1/2 c raw rice
1 1/2 c milk
2 eggs, separated
1/4 t salt
2 T margarine
2 T whipped cream
1/3 c sugar
1 can sliced pineapple (6 oz.)

Cook rice in milk over low heat until done and set aside. Beat egg yolks until light and add salt, margarine, cream and 2 T sugar. Blend well and mix with rice. Place mixture in a pyrex pie plate and arrange pineapple slices on top. Beat egg whites until stiff and gradually beat in remaining sugar. Pour meringue over rice and pineapple and bake at 325°F. for 10 minutes. Serve at once. Approximate cost: ₱1.00.

RICE PUDDING (4 servings)

1/4 c raw rice
2 T sugar
1/8 t salt
1/4 t cinnamon
1/4 c raisins
1 c milk

Wash rice and remove any dark kernels. Mix all ingredients together. Place in a greased loaf pan. Steam for 1½ hours until rice is soft and pudding is thick. Stir every 15 minutes during first hour of steaming. Approximate cost: ₱0.50.

RICE PUDDING WITH CRUSHED PINEAPPLE

(6-8 servings)

2 c boiled rice
1 can sliced pineapple (6 oz.)
1/2 c raisins
1 egg
1/2 c sugar
1 t salt
1/2 t vanilla
2 c evaporated milk

Soak cooked rice in pineapple juice for about 30 minutes. Crush pineapple slices. Add remaining ingredients and mix well.

Bake in a moderate oven at 350°F. for about 40 minutes until pudding is set. Serve hot or cold. Approximate cost: ₱1.30.

RICE PUDDING WITH WHIPPED CREAM (6 servings)

1 c cooked rice
1/4 c roasted peanuts
1 bar red gulaman
1 c boiling water
1/4 c sugar
1 c milk, frozen
1 t vanilla

Mix rice and peanuts and set aside. Dissolve gulaman in boiling water and stir in sugar. Pour over rice mixture and mix well. Place in a ring mold and chill. Whip frozen milk until stiff. Fold in vanilla. Serve with pudding. Approximate cost: ₱0.65.

RICE SPOON BREAD (6 servings)

2 c cooked rice
1/4 c all-purpose flour
2 c sour milk
1/2 t baking powder
1 t salt
2 eaas, beaten
2 T margarine

Combine ingredients in the order given; stir until blended. Place batter in a greased ovenproof dish and bake in a moderate oven at 325°F. for about 40 minutes. This dish is good with a meat course or served as dessert with syrup. Approximate cost: ₱0.65.

RICE TOAST COOLER (5 servings)

1/2 c raw rice
5 c boiling water
1/3 c brown sugar

Toast rice till brown. Cool and set aside. To boiling water, add toasted rice. Let boil for 10 minutes. Add sugar and simmer for 3 minutes. Serve with ice cubes. Approximate cost: ₱0.15.

TOASTED RICE (5 servings)

1 egg
1/2 t salt
1/8 c milk
1 1/2 c cooked rice
3 T margarine
2 T sugar

Beat egg, add salt and milk and combine with rice. Cook mixture for 3 minutes, stirring constantly. Turn into a loaf pan lined with wax paper and chill. When set, turn out of pan, strip off wax paper, cut into ½-inch slices and pan-fry until lightly brown on both sides. Roll in sugar and serve. Approximate cost: ₱0.30.